

Executive Function Cards

Children learn by doing, in the moment, and in the context of their world.

When we notice a child using executive functions and we reflect that observation, the child gains self-awareness and confidence in his or her abilities. We are providing evidence of success.

Use these cards with activities, games, and more to help children recognize and become more mindful of executive functioning skills in everyday life.

Work quickly	Keep my space neat and tidy	Solve problems
Follow directions with many steps	Be OK when plans change	Handle frustration
Keep my brain calm	Keep my body calm	Finish what I start
Finish on on time	Estimate how long it will take	Compromise with others
Shift attention back and forth quickly	Organize thoughts	Come up with a “Plan B”

Control behaviors	Control emotions	Get started right away
Organize things	Work toward a goal	Think flexibly
Adapt to new things	Stay focused	Plan ahead
Stay on schedule	Predicting and picturing what might happen	Remember several things at one time
Get focused	Ignore distractions	Figure out what to do first