

## Exercise 1 – Module 1 – When EF skills are required

Identify at least 2 daily tasks that require the use of each Executive Function Skill listed below.

Executive Function Skills	Daily Tasks
Thinking (Cognition) EF Skills	
Working Memory	Remembering morning routine
	Packing school bag
Organisation	Finding things
	In control of what's happening
Time Management	Can get ready for school/activity in time
	Can manage homework tasks without becoming swamped
Planning/Prioritising	Can plan a social activity (what time to get ready, what time to get bus, how to contact people etc)
	Can manage a bus timetable to ensure trips run smoothly
Metacognition	Can identify strategies that help with areas they struggle with
	Can sense how their behaviour is impacting on others
Emotional Control	Can manage feelings in a constructive way
	Can cope with change easily
Impulse Control or Response Inhibition	Making safe social decisions with friends
	Consider all the facts before making up their mind
Attention	Completing tasks/chores
	Getting back on task even if interrupted
Flexibility	Adapting easily to changed plans at short notice
	Thinking on their feet in the moment
Task Initiation	Getting on with homework without prompting
	Motivating themselves to do things (even things they don't want to do)
Goal Persistence	Seeing the bigger picture of long-term goals and what they need to get there
	Not letting obstacles get in the way of what they want to achieve

## Executive Exercise

Identify at least 2 daily tasks and 2 school tasks that require the use of each Executive Function Skill listed below.

Executive Function Skills	Daily Tasks	School Tasks
Thinking (Cognition) EF Skills		
Working Memory		
Organisation		
Time Management		
Planning/Prioritising		
Metacognition		
Doing (Behaviour) EF Skills		
Emotional Control		
Response Inhibition (Impulse control)		
Attention		
Flexibility		
Task Initiation		
Goal Orientated Persistence		

Executive Function Skills	Daily Tasks	School Tasks
Working Memory		
Organisation		
Time Management		
Planning / Prioritising		
Metacognition		
Emotional Control		
Response Inhibition		
Attention		
Flexibility		
Task Initiation		
Goal-Orientated Persistence		