

LSPS Executive Functioning Skills Information Sheet

- 1) Executive functioning skills are crucial cognitive abilities that help your child plan, focus attention, remember instructions and juggle multiple tasks successfully. This information sheet lists observable behaviours associated with these skills.
- 2) How to Use This Sheet:
 - Read through the list of observable behaviours.
 - Observe your child in various situations over a period of time.
 - Note which behaviours your child consistently displays and which ones they might struggle with.
 - Affirm your child if they can display the skill
 - Identify 2 or 3 skills to focus on and strengthen during the December break.
 - Plan activities that can help develop these skills

On-Task Tiger

(Sustained Attention and Task Initiation)



My child ...

- can stay focus on a task until he/she completes it.
- is actively involved during lessons.
- starts to work on task without having to be reminded.
- does not need reminders to get ready.

My child ...

- hands in work on time.
- knows what is important to work on first.
- can find things in his/her bag easily.
- can keep his/her desk neat and tidy.
- does not lose things easily.



Planner Penguin

(Planning, Organisation and Time Management)



Sensible Seal

(Emotional Control, Response Inhibition and Flexibility)

My child ...

- can identify his/her own emotions.
- can control his/her emotions and actions.
- does not get frustrated easily.
- thinks before he/she acts.

My child ...

- can set goals.
- reflects on what he/she has done.
- learns from his/her mistakes and successes to manage new challenges.

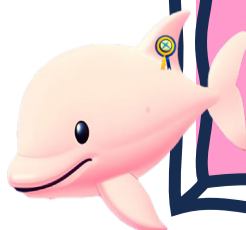


Reflective Raccoon

(Metacoanition and Goal-Directed Persistence)

Dependable Dolphin

(Working Memory)



My child ...

- remembers instructions or details after receiving them.
- can complete tasks with multiple steps.
- uses various strategies to remember facts or information.