

EXECUTIVE FUNCTIONING SUPPORT TOOLS

1

Self-Initiation: Daily Goal Setting, Visual Schedule, Teacher/Student contract.

2

Motivation: Self-Evaluation Sheet

3

Problem Solving: 5 Whys Model, Hypothesis Challenge

4

Time Management: Student Gantt Chart

5

Planning: Tasks and Sub Tasks Tracker

6

Organization: Online Planner

7

Flexibility: Self-Skills Assessment, T-Chart (Stuck Thoughts vs. Flexible Thoughts)

8

Working Memory: Mind Map

9

Emotional Control: Emotions Identifier, Emotions Calendar, Brain Break Activities

10

Impulse Control: Reflection Journal, Drawing Journal, Checklist Journal

11

Attention Control: Timer, Visual Schedule

12

Self-Monitoring: Daily Goal Setting, Teacher/Student Communication Sheet

