

Cool Tool (Executive Functioning)

9/29/2021

Reteach school behaviors that students aren't currently practicing

What is Executive Functioning?

Today we are going to learn about our Executive Functions...

- Executive functioning allows us to concentrate, plan, organize, complete tasks, etc. [executive functions for middle schoolers](#)
- We need executive functioning to lead a productive, organized life.
- School is where our executive function skills are learned and practiced.

What is Executive Functioning?



Overview of Today's Class Activity

- Have students complete the [Executive Functioning Worksheet](#).
- Write each of the **five Executive Functions** (EF) on the board or on a large piece of chart paper - arrange around the room.
- Ask students to **stand** at the EF they indicated they were **strongest** in.
- Have the students write down **one piece of advice** for an individual who struggles with this function.
- Now have students **stand** at the EF they felt **weakest** in.
- Have students **read suggestions** that were written at that EF and **commit** to trying a new strategy to improve in that area.

Name: _____

Place an 'x' next to the statements that you agree with.

Organization

- _____ I am an organized person.
- _____ It is natural for me to keep my work area neat and organized.
- _____ I am good at organizing my work and materials.

Time Management

- _____ At the end of the day, I've usually finished what I set out to do.
- _____ I am good at estimating how long it takes to do something.
- _____ I am usually on time for appointments and activities.

Emotional Control

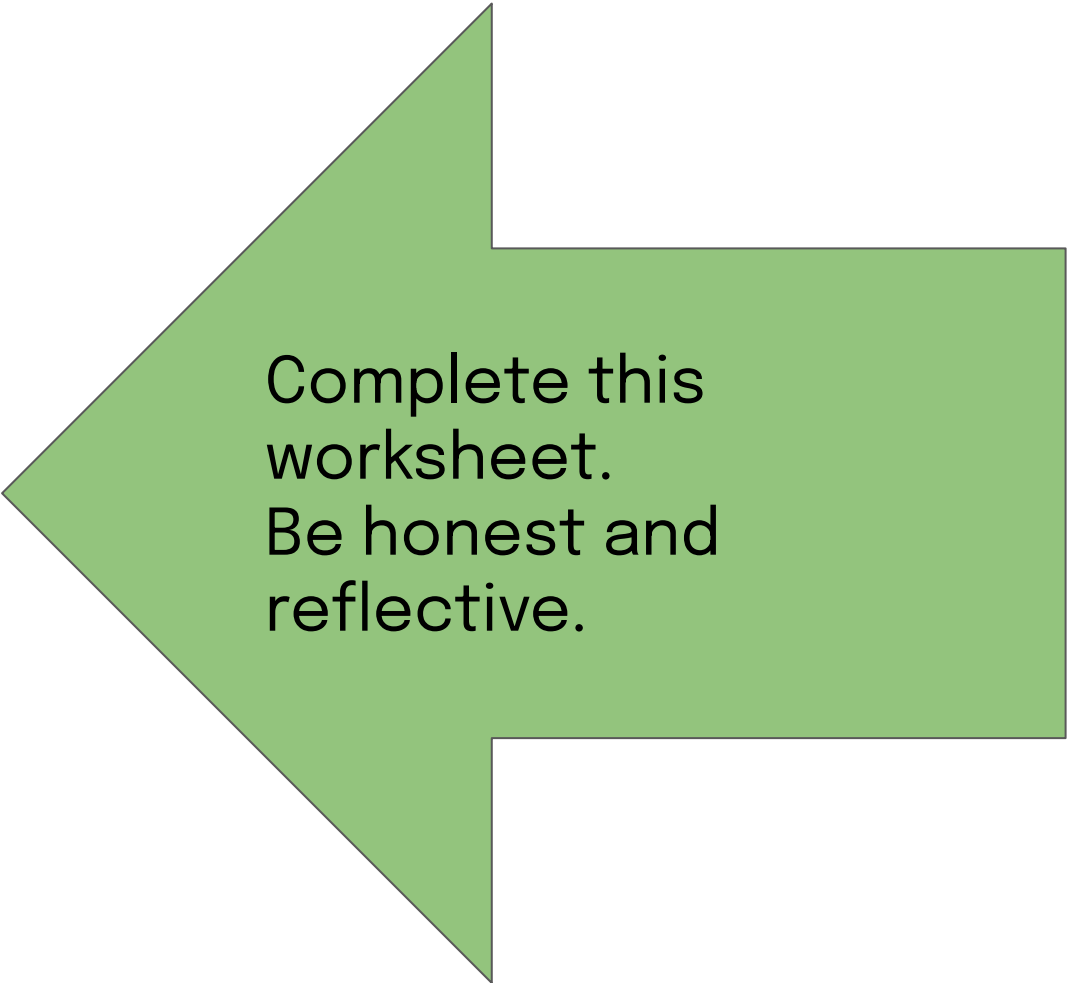
- _____ My emotions seldom get in the way of completing work or tasks.
- _____ Little things do not affect me emotionally or distract me from the task at hand.
- _____ I can put aside my personal feelings until after a task has been completed

Response Inhibition

- _____ I don't jump to conclusions.
- _____ I think before I speak.
- _____ I don't take action without having all the facts.

Attention

- _____ I find it easy to stay focused on my work.
- _____ Once I start an assignment, I work diligently until it's completed.
- _____ Even when interrupted, I find it easy to get back and complete the job at hand.



Complete this
worksheet.
Be honest and
reflective.

Choose the Executive Function that you feel is your STRONGEST!

Organization

Time
Management

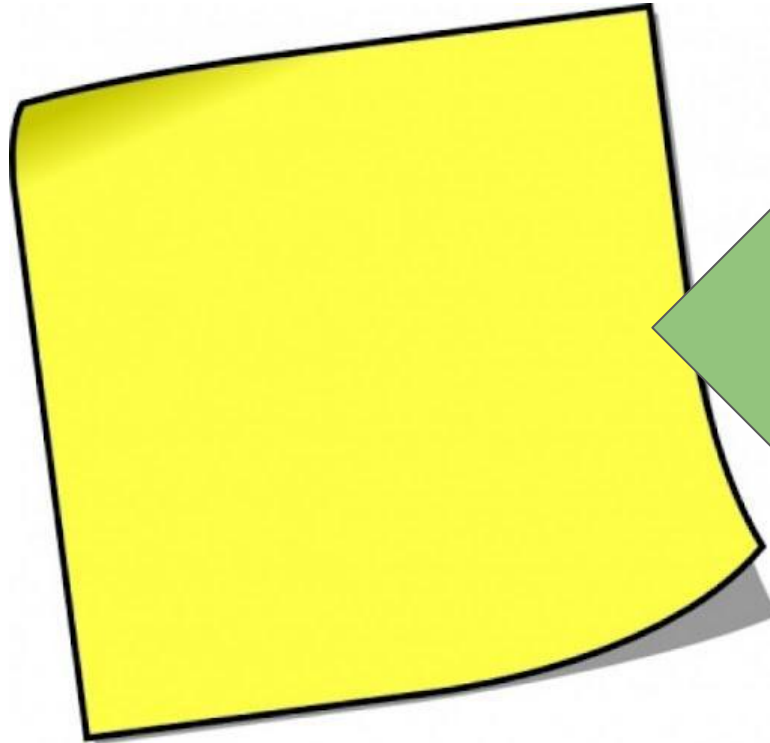
Emotional
Control

Attention

Response
Inhibition



What advice would you give to someone that is struggling with that skill?



Write your advice on a post-it.

What is a tip or trick they can do to get better at that skill?

**Place your post-it under the
Executive Function paper.**

Organization

**Time
Management**

**Emotional
Control**

**Response
Inhibition**

Attention

**Which Executive Function do you
think is your **WEAKEST**?
Go read through the advice Post-its
for that skill!**

Organization

**Time
Management**

**Emotional
Control**

Attention

**Response
Inhibition**

**Was there any advice you found to
be most helpful?**

**What can you try out this week to
help you improve your Executive
Functioning skills?**