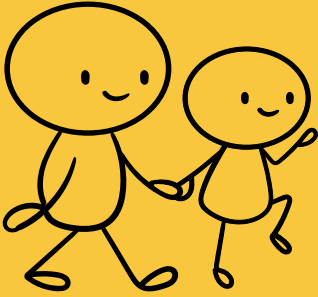


What are executive functions?



Skills that help us work towards goals, organise information, adapt to different situations, do our daily tasks, and learn.

We need executive functions to..



Stay focused



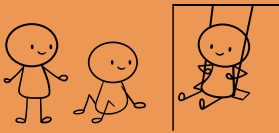
Keep trying when things get hard



Decide what tasks are most important



Remember what we learn



Wait our turn



Manage big emotions



Make plans and solve problems



Develop independence



Develop creative thinking

How do we support executive functions in kids?



Having conversations



Taking turns



Storytelling



Listening time



Memory games



Routines



Fantasy play



Following rules



Sharing ideas



Working together