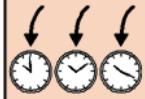


Executive Functioning



Executive Function are skills that help us manage every day life.



Where does it take place?



There are three main areas of executive functioning.



Executive functioning takes place in the frontal lobe of the brain.



Working Memory



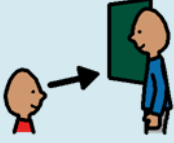
Self Control



Flexible Thinking



Executive functioning skills include:



paying attention



organisation



planning



prioritising




time management




changing focus




changing task




remembering events




starting a task




finishing a task



understanding points of views




coping with emotions



remembering instructions




self control




impulse control




multi-tasking




analyse tasks



sequence



remembering instructions



coping with stress




remembering experiences



learn from experiences



use experiences to make decisions



something else

