



Executive Functioning



important
information



Executive functioning takes place in the frontal lobe of the brain. Executive functioning are skills that help us manage every day tasks.

The main areas of executive functioning are working memory, self control and flexible thinking.

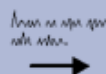
Executive functioning can appear more obvious when someone is tired, stressed, dysregulated or unwell.



Visual timetables helps forward planning and time management.



Use visual supports for instructions, descriptions and explanations.



Sentence starters and prompts provides the learner a starting point.



Must/Could/Should Boards and choice of tasks help to manage expectations.



Give access to appropriate fidgets to help with concentration.



Allow more processing time.



Natural movement and regular learning breaks allows for processing and refocus time.



Chunk tasks, instructions and lessons with processing breaks.



Greet staff by names when they enter the room.



Long verbal or visual information is overstimulating and challenging to follow.



Provide printed notes and topic specific word banks.



Shorter, to the point tasks allows the brain to filter out irrelevant information.



Access to extra resources and materials provides support for memory.



Visual timetables, now/next boards and visual example of expected work outcome are vitally important.



Photos with names of staff in Faculty.



Tolerance levels vary significantly throughout the day. Reduce demands appropriately and manage expectations.



Sand timers are helpful to allow the physical recognition of time.