Executive Functioning Skills and the Self-Regulated Learner

I can build on what I have learned.

METACOGNITION

I think about how I'm
learning.

RESPONSE INHIBITION & EMOTIONAL CONTROL

I think before I act and can handle difficult situations.

PLANNING, PRIORITIZING, ORGANIZATION, TIME

I can decide what's most important and what needs to be done first. I can plan enough time to complete a task. I can keep

track of my responsibilities.

FLEXIBILITY

I can shift from one task to another without

TASK INITIATION, SUSTAINED ATTENTION,

distress.

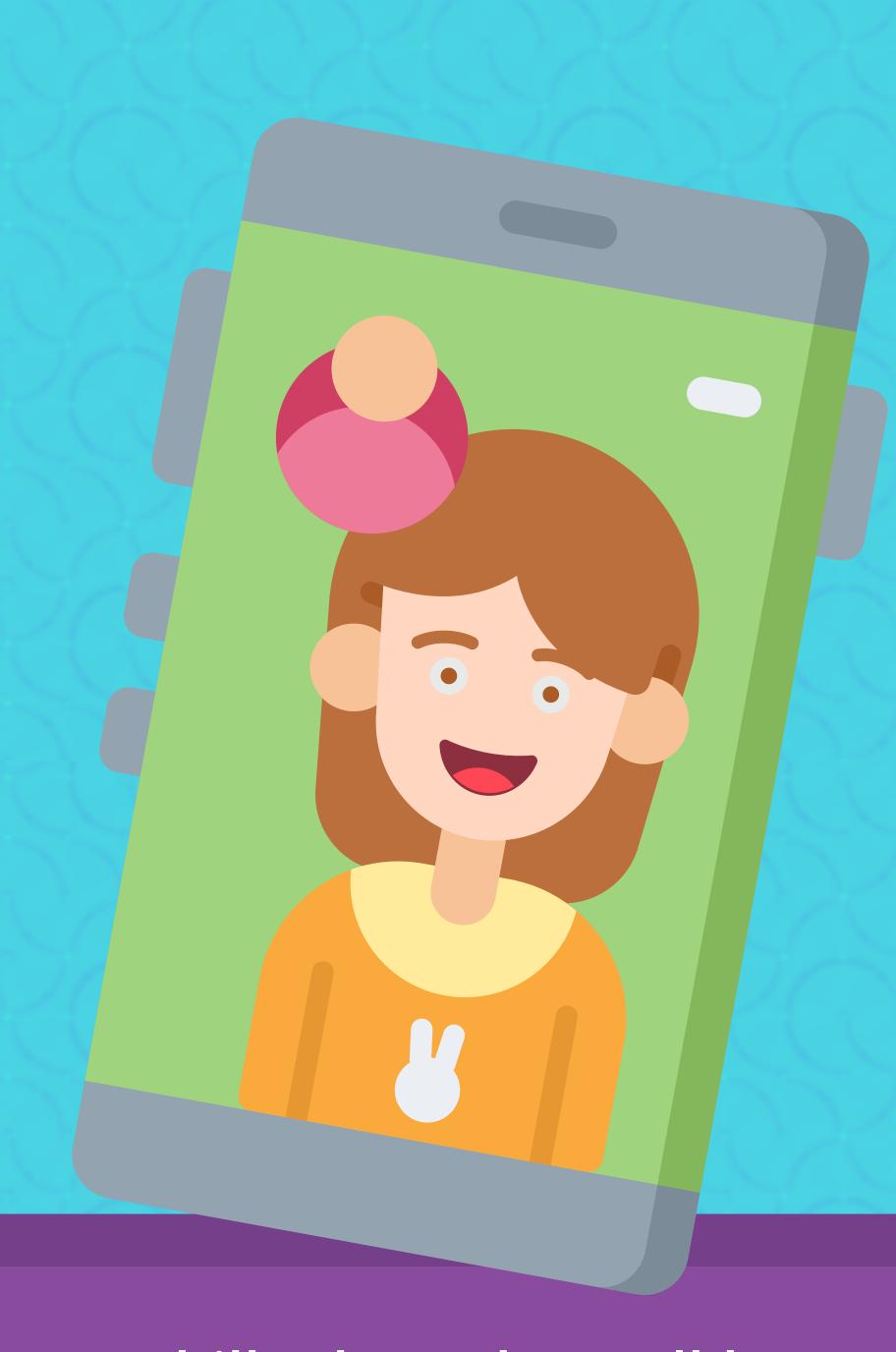
I can start a task, focus my attention long enough to complete it and keep working on it even when it gets tough.

EXECUTIVE FUNCTIONING SKILLS

help learners to:

Be successful in school, work and life

When learners have strong executive functioning skills they are empowered to take ownership of their learning.





Kids are NOT born with these skills, but they all have the potential to develop them as they grow. Adults just need to give kids a little help along the way.

Adults can facilitate the development of a child's executive functioning skills by:



Providing opportunities for vigorous exercise, creative play and social connection



their own actions with decreasing adult supervision

Establishing routines and opportunities for directing

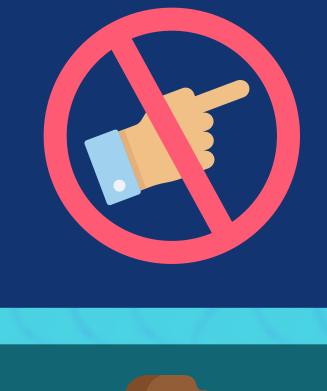


Practicing

coping skills

frustrated

Modeling social behavior



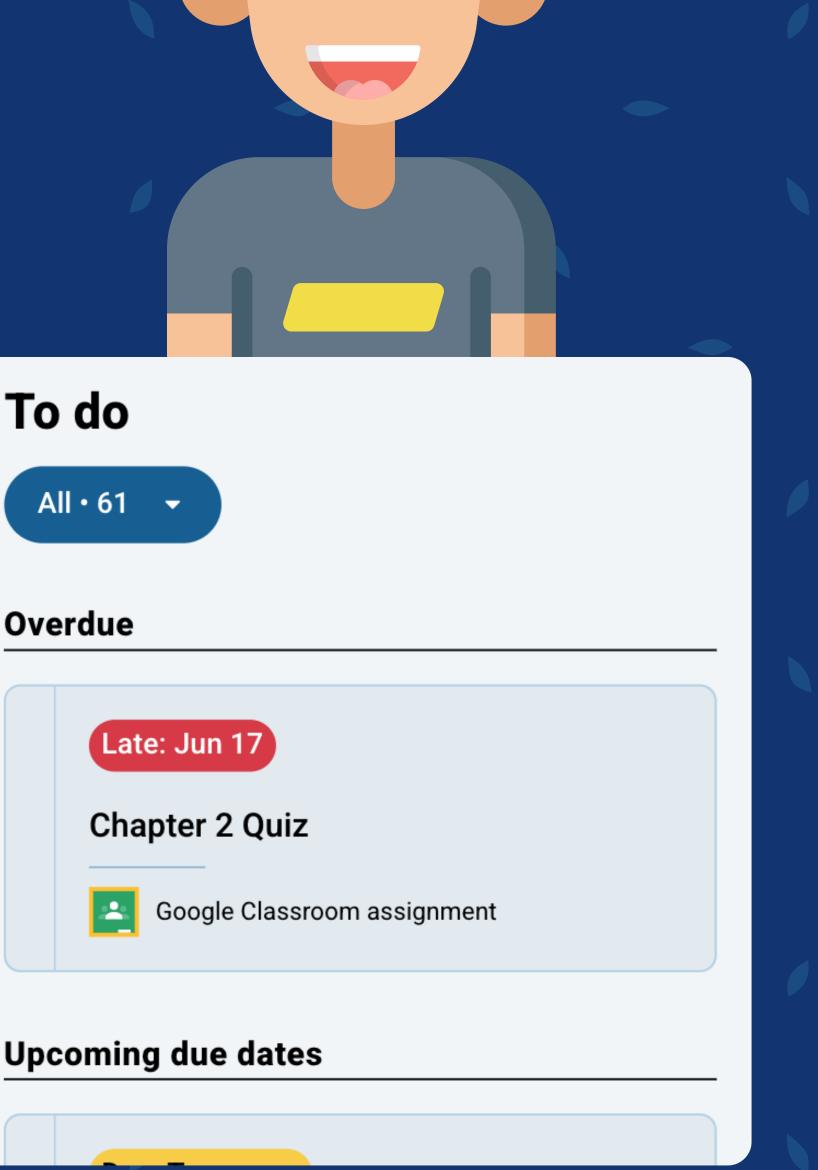
Reducing stressful situations while teaching them

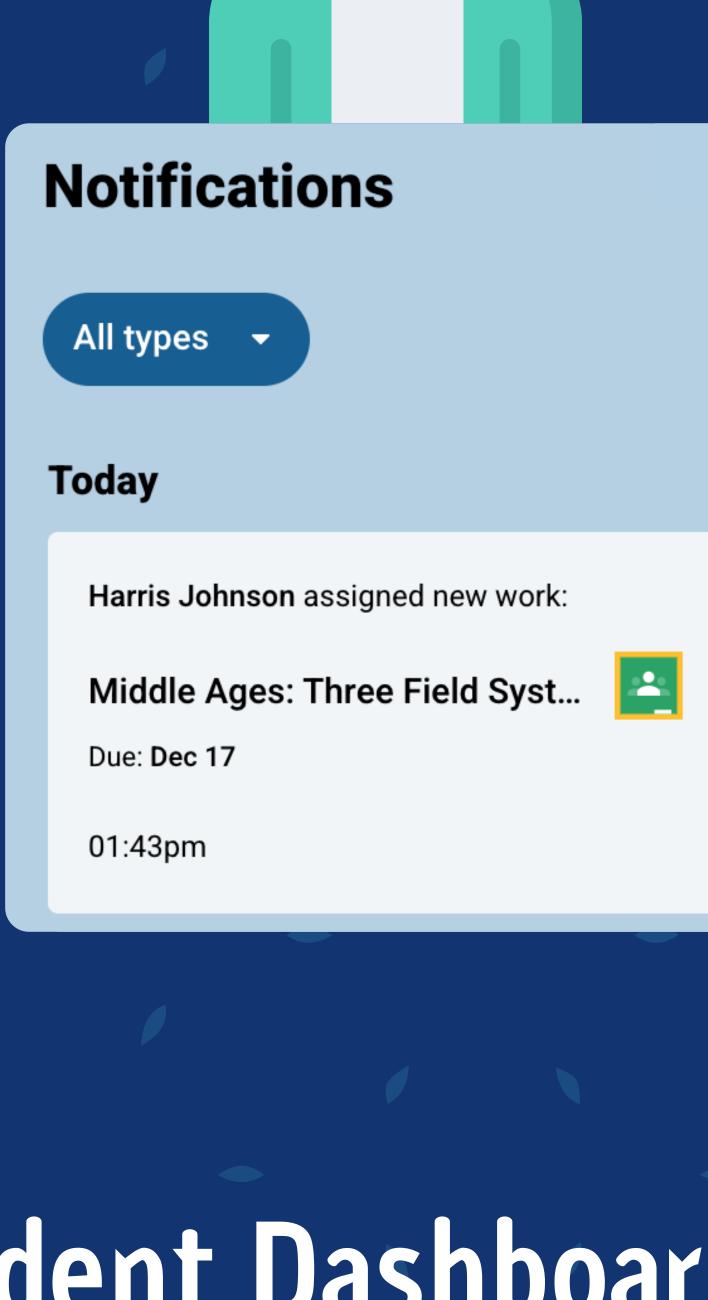


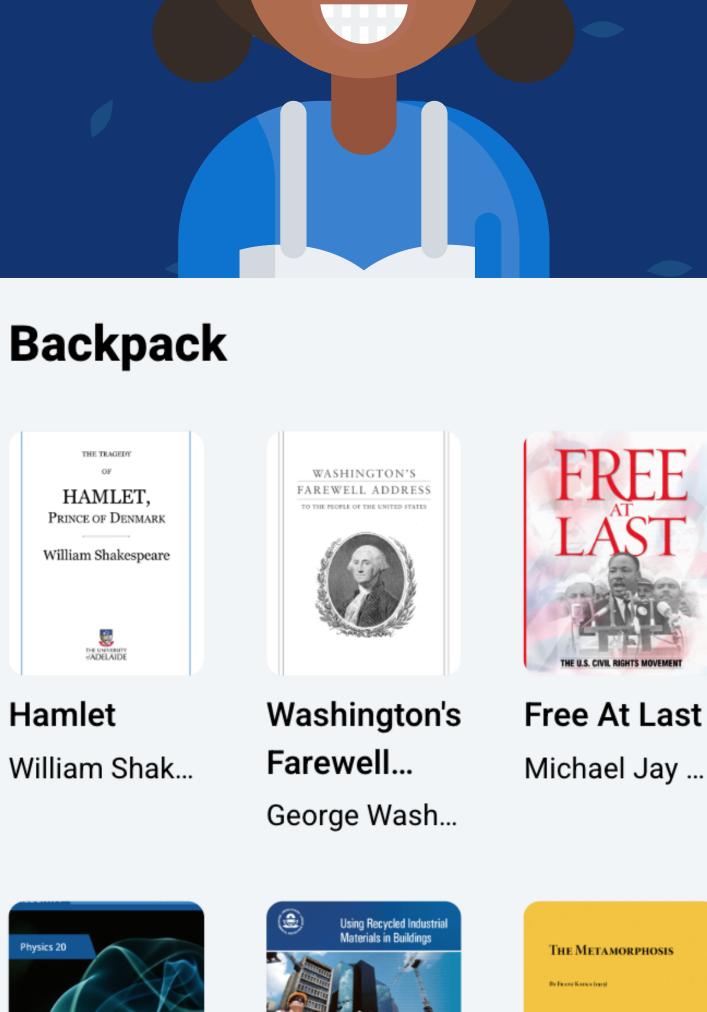
Creating and maintaining supportive, reliable relationships

Finding each child's "zone" of being challenged but not









Hāpara Student Dashboard helps build executive functioning skills with:

- Automation that models how to be organized
- Open channels of communication with teachers to receive support and encouragement

https://developingchild.harvard.edu/science/key-concepts/executive-function/

- Practice prioritizing and planning every day
- assignments and due dates all in one place

Makes it easier to find important

Sources

Hāpara enables educators to assist their learners on a

• https://46y5eh11fhgw3ve3ytpwxt9r-wpengine.netdna-ssl.com/wp-content/uploads/2015/05/InBrief-Executive-Function-Skills-for-Life-and-Learning-2.pdf