

# Executive Functioning Skills for P1 and P2

- 1 period per week during FT Time period
- *Skills which help children to organise, plan and achieve goals*





# What is Executive Functioning Skills?



- ❖ **Executive function and self-regulation** skills are the mental processes that enable us to plan, focus attention, remember instructions, and juggle multiple tasks successfully.
- ❖ These skills are crucial for learning and development.





# What are the benefits of Executive Functioning Skills?








- ❖ When children have opportunities to develop executive function skills, they learn to:
  - ✓ Manage emotions and behaviour
  - ✓ Stay focused, plan ahead and persevere with challenges
  - ✓ Develop healthy habits
  - ✓ Make responsible choices and adapt to changes
  - ✓ Reflect on their learning and strive to improve



**Executive function and self-regulation skills** depend on three types of brain function:

- **Working memory** governs our ability to retain and manipulate distinct pieces of information over short periods of time.
- **Mental flexibility** helps us to sustain or shift attention in response to different demands or to apply different rules in different settings.
- **Self-control** enables us to set priorities and resist impulsive actions or responses.

<b>Planning</b> 	<b>Organization</b> 	<b>Self-Control</b> 
<b>Task Initiation</b> 	<b>Executive Functioning Skills</b> <small>www.thepathway2success.com</small>	
<b>Time Management</b> 	<b>Metacognition</b> 	<b>Working Memory</b> 
<b>Attention</b> 	<b>Flexibility</b> 	<b>Perseverance</b>  <small>Clipart by Kate Hodfield</small>

P1 and 2 students will have 1 period a week to learn these skills.

West Spring has specially curated a set of skills for them to learn throughout the 2 years and hope that family can reinforce at home.



# Organisation Skills for P1

## Form Teachers' Time

You will learn organisation skills this term.

Organising My Desk



Packing My bag



Reading My Timetable



Jotting My Homework



Being Class Ready

Whole Body Listening



We will be inviting you to complete an **Executive Function Skills Checklist (P1)** for your child. This checklist looks at everyday skills such as organisation, getting started on tasks, self-control, and asking for help.

We kindly invite you to go through the checklist **together with your child**, discuss each statement, and tick the option that best describes your child’s behaviour.

Your responses will help us better understand your child’s strengths and areas for growth, and allow us to support them more effectively in school.

Executive Function Skills Checklist (P1)

Please go through the checklist with your child and tick accordingly.  
I am \_\_\_\_\_.

Executive Function Skills	Rarely	Sometimes	Always
<b>Being organised</b>			
I can keep my school bag tidy.			
I can keep my table neat.			
I can put my things away after I have finished using.			
<b>Getting Started (Task Initiation)</b>			
I can start to pack up when asked.			
I can start doing my work when asked.			
<b>Organisation and Planning/Prioritisation</b>			
I can file worksheets on my own.			
I can plan my personal timetable.			
<b>Self-Control</b>			
I stay calm when I face a problem.			
I listen when someone is talking.			
I can wait for my turn.			
<b>Functional Communication Skills</b>			
I know who to look for when I need help.			
I know how to ask for help when I need it.			