

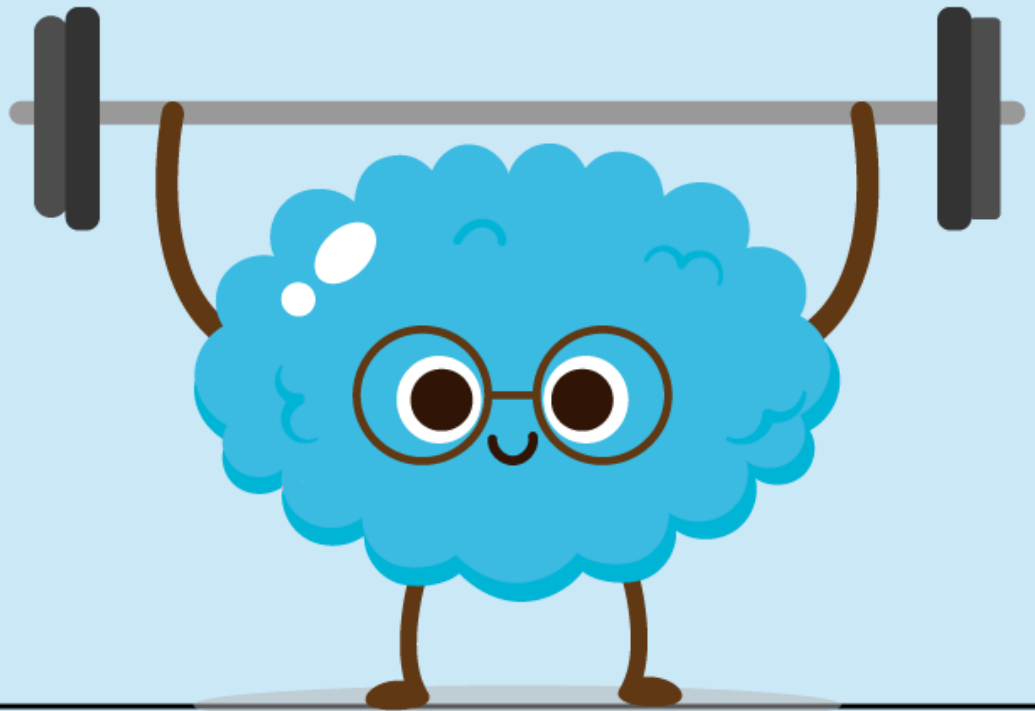
Executive Functions in Children

Executive function is a set of mental skills that include working memory, flexible thinking & self-control.

There are 3 types of Executive Function:

Working Memory

Governs our ability to retain and manipulate distinct pieces of information over short periods of time



Flexible Thinking

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



Executive function is responsible for many skills:



Paying attention



Organising, planning, and prioritizing



Starting tasks and staying focused on them to completion



Understanding different points of view



Regulating emotions



Self-monitoring (keeping track of what you're doing)

When children have opportunities to develop executive function and self-regulation skills, individuals and society experience lifelong benefits.



Executive Functions & Learning

Executive function can impact the ability to focus, prioritize, follow instructions, etc



Executive function skills can positively impact early literacy and math skills





It also gives children the ability to plan and organize based on prior experience & helps children change the outcome based on their previous learning experiences