

# Core Executive Functioning Skills



## Impulse Control

Able to resist instant gratification.  
Think before acting.

01

02

## Emotional Control

Respond to situations in a calm manner.



03

## Flexible Thinking

Adapt to new, changing and unplanned events. Able to switch between tasks.



04

## Working Memory

Hold and manipulate information in the mind.



## Planning & Prioritisation

To set and meet goals.

05

06

## Organisation

Arrange tasks and materials systematically.



## Time Management.

Allocate time efficiently.

07

08

## Task Initiation

Start tasks without delay.



## Self-Monitoring

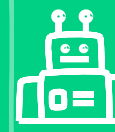
Evaluate and adjust performance.

09

10

## Goal-Directed persistence

Stay focused on the goal.



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 SPECIAL NEEDS TUTORING