

# EXECUTIVE FUNCTIONING TOOLKIT

Executive functioning skills are how our brain plans, starts, focuses, and follows through. When kids struggle with these areas, it's not defiance; it's a sign they need support and scaffolding.

This toolkit introduces three small, teachable tools to help kids build these skills.

## Tool: Focus Shield

Skill: Focus

Visual or mental boundary to filter distractions.  
Why it helps: creates a sense of control and safety.

Try this: "Let's turn on your focus shield so your brain can do one thing at a time."

## Tool: Countdown to Lift-off

Skill: Task Initiation

Identify the first step → count down → take off!

Why it helps: makes "starting" visible and fun.  
Try this: "What's the first thing we can do? 3... 2...1...Go!"

## Tool: S.T.O.P. Method

EF: Impulse Control

Stop - Think - Observe - Proceed

Why it helps: builds a mental pause before action.

Try this: "Let's pause and check before we go."

