



Executive Function

Executive function skills are vitally important for success at school and in life.

They stem from the coordination of key cognitive processes:



Cognitive flexibility

which enables us to switch our attention from one thing to another



Working Memory

which allows us to hold information in our minds while we use it



Inhibitory control

which equips us to inhibit our impulses and respond appropriately

Executive function skills are essential for:

- **Paying attention**
- **Organising our time and possessions**
- **Following instructions and planning tasks**
- **Starting and maintaining focus on tasks**
- **Monitoring our actions and performance**

Teachers can support executive function development by:

- **Explicitly teaching what executive function skills are and why they're important**
- **Modelling the use of executive function skills**
- **Practising these skills with students through games and activities**
- **Providing tools such as planners and checklists**
- **Creating an organised and well-structured classroom**