7 Practical Tools to Enhance
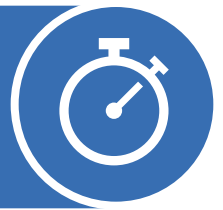# Executive Functioning in the Classroom

Self-monitoring Questionnaires
Teach students to monitor their own behaviors by answering simple yes/no questions at the beginning and end of class

Timers
Have your students estimate time needed for a task, then time the task and compare results to improve time management skills

Detailed Schedules
Discuss and map out efficient routes around the school to maximize their time; include best times for locker and restroom stops

SODAS
Improve students' problem-solving skills using the acronym: Situation, Options, Disadvantages, Advantages, Solution

Mindful Breathing Exercises
Encourage self-calming and stress management strategies using the 4-7-8 breathing technique: breathe in for 4 seconds, hold for 7 seconds, breathe out for 8 seconds and repeat

Checklists
Help students create their own mental or visual checklists to ensure they are prepared for whatever lies ahead

Graphic Organizers
Create and offer graphic organizers for difficult activities: essay writing, studying, test preparedness

The Connecting Link