

7 Ways to Enhance Executive Functioning in the Classroom



Encourage Self-Monitoring

Use goal-setting sheets, have students rate their focus or effort after tasks, and ask reflection questions such as, "What strategy helped you today?" or "What would you do differently?"

Build Time Management Skills

Have students estimate how long tasks will take and compare with actual time. You can also use timers for work periods.

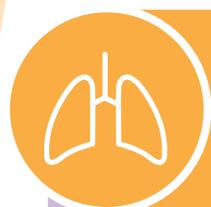


Use Visual Supports

Post a daily agenda on the board, use visual schedules for routines, and include timelines for projects.

Create Predictable Routines

Use the same warm-up activity every morning, have clear classroom procedures, and use transition warnings.



Support Emotional Regulation

Teach calming exercises (breathing, short breaks, etc.), provide quiet spaces, normalize making mistakes, and model problem-solving.

Use External Memory Supports

Provide graphic organizers, sticky notes, digital reminders, or posted step-by-step instructions for common tasks.



Model Organizational Systems

Use color-coded folders/notebooks, provide checklists, and model how to organize and clean up workspaces.

