

Response Inhibition and Sustained Attention

The ability not to direct attention to distracting stimulation

Environmental Modifications	Teaching Strategies
Restrict access	Prompt
Post home rules and review regularly	Teach delayed gratification
Reduce distractions (seating arrangements, white noise)	Discourage multi-tasking
Prompt to attend	Teach self-monitoring
Build in variety/choice	Teach mindfulness meditation
Immediately reinforce	

Notes:

Working Memory and Time Management

The ability to hold information in memory while performing complex tasks

The capacity to estimate how much time one has, how to allocate it, how to stay within time limits and deadlines

Environmental Modifications	Teaching Strategies
Memory Tricks	Directions/Past experience
Visual Supports – Agendas/Calendars/Schedules	Generate options for reminders
Timers	Mentally rehearse association between due and working memory
Make Schedules and time limits explicit	Help children learn what time means
Work with children to make the schedule	Help them to follow schedules

Notes:

Emotional Control

The ability to manage emotions in order to achieve goals, complete tasks and control behavior

Environmental Modifications	Teaching Strategies
Reduce or eliminate triggers	Teach children to recognize situations early
Give child a script to follow	Use gradual exposure/guided mastery
Remove child from problem situation	Teach coping strategies
	Teach mindfulness meditation

Notes:

Planning/Task Initiation

Being able to set goals for yourself

The ability to begin projects without procrastination

Environmental Modifications	Teaching Strategies
Help child design a plan/template	Walk through the planning process – use a template
Provide planning tools – calendar, agenda, apps	Apply a plan to a simple task and prompt
Walk through the first step, build behavioral momentum	Help the child select the reinforce
Make help readily available	Ask questions first to prioritize
Establish set time to do non-preferred tasks	Help the child make a plan for doing the task – for initiation

Notes:

Organization

The ability to create and maintain a system to keep track of information or materials

Environmental Modifications	Teaching Strategies
Work with children to create a plan	Practice frequently
Show organizational tools and have them try them out	Get your child's input on organizational systems
Structure the environment to promote organization	Ask them to evaluate the current system

Notes: