

Executive function

Executive function is a set of skills that stems from the coordination of three cognitive processes: cognitive flexibility, working memory and inhibitory control.



How teachers can support executive function development

- 1** Explicitly teach and model executive function skills
- 2** Provide opportunities to practice executive function skills
- 3** Create an organised and well-structured environment
- 4** Provide clear expectations for behaviour
- 5** Have safe spaces to calm down after stressful events
- 6** Establish warm, responsive relationships
- 7** Build autonomy and independence
- 8** Involving families in supporting and building executive function