

QUESTIONS FOR PERSONAL REFLECTION & GROUP DISCUSSION

1. What does the term executive function mean to you? Discuss/reflect on two or three things this tutorial taught you.
2. As a group, talk about each of these key aspects of executive function, and how they relate to your program.

Impulse control

Emotional control

Flexible thinking

Working memory

Self-monitoring

Planning and prioritizing

Task initiation

Organization

- a. What are you already doing to support these skills in your program?
 - b. How are children doing in these areas? Are the children struggling with some areas more than others?
 - c. Brainstorm three or four ideas for how your team can better support each of the executive function skills listed above in your program.
3. Reflection: When we support children's executive functioning and skill development, how can it help our program to run more smoothly?
 4. List two ways that your team can better support parents in understanding and supporting their children's executive functioning and skill development?
 5. List three key points from this tutorial that will impact your program in the future.
 6. Identify at least 3 activities that you'd like to try with the children in your program from the [Activities Guide for Enhancing and Practicing Executive Function Skills with Children of all ages](#). It was developed by the Centre on the Developing Child at Harvard University, and it's full of great information and activity ideas for you to use in your program!

