

Executive Functioning

Working Memory

The ability to hold and work with information in your mind over short periods.



Remembering steps in a task or recalling instructions during an activity.

Inhibitory Control

The ability to stop or pause actions, thoughts or emotions to stay on track.



Waiting your turn, resisting distractions, or not interrupting during conversation.

Cognitive Flexibility

The ability to shift attention, adapt to change or try new approaches.



Moving on from a mistake or adjusting when plans change unexpectedly.

Planning & Organisation

The skills to set goals, create steps to reach them, and manage time or materials.



Packing a school bag with what's needed for the day or preparing for a trip

Self-monitoring

The ability to reflect on and assess your actions and make changes when needed.



Realising you've skipped a step and fixing it without being prompted.

Emotional Regulation

Managing emotional reactions so they support, rather than derail, behaviour.



Calming down after frustration or coping with unexpected changes calmly.

Task Initiation

Starting a task without excessive delay or needing repeated reminders.



Beginning homework or getting ready for bed after being asked once.

Sustained Attention

Maintaining focus and effort over time, especially during non-preferred tasks.



Listening through a whole story, finishing a worksheet or staying focused during therapy.

Goal-Directed Persistence

Sticking with a goal even when it's hard, boring, or there are setbacks



Completing a puzzle, saving money over time, or practicing a new skill.

