

Executive Functioning Brain Boosters

Wanna Bin Abu Baker <wanna.baker@isnsz.com>

Thu 01/12/2022 09:21

To: Lower PYP Divisions <lowerpypdivisions@isnsz.com>

Cc: Kandace Law <kandace.law@isnsz.com>; Thomas Tucker <thomas.tucker@isnsz.com>; Chien Webb <chien.webb@isnsz.com>; Sophie Zhu <sophie.zhu@isnsz.com>

 1 attachments (2 MB)

ExecutiveFunctioningDiscussionQuestionsDigitalPrint-1.pdf;

Dear amazing LPYP Team,

I would love to share some invaluable resources to help students improve their executive functioning skills. I know that everyone is busy, and it will only take a maximum **of five minutes** of your time to go through this email 😊

As we know, executive function skills are essential processes in students' brains that help them finish tasks and meet their learning goals.

The ten executive functioning skills for success include:

1. Planning
2. Organization
3. Task Initiation
4. Flexibility
5. Attention
6. Self-control

- 7. Metacognition
- 8. Working Memory
- 9. Time Management
- 10. Perseverance

Executive Functioning Skills



Planning is the ability to figure out how to accomplish our goals.



Organization is the ability to develop and maintain a system that keeps materials and plans orderly.

Time Management

is having an accurate understanding of how long tasks will take and using time wisely and effectively to accomplish tasks.




Task Initiation is the ability to independently start tasks when needed. It is the process that allows you to just begin something even when you don't really want to.




Working Memory is the mental processes



Metacognition is being aware of what you know




that allow us to hold information in our minds while working with it.




and using that information to help you learn.


Self-Control is the ability to regulate yourself, including your thoughts, actions, and emotions.




Attention is being able to focus on a person or task for a period of time and shifting that attention when needed.



Perseverance is the ability to stick with a task and not give up, even when it becomes challenging.



Flexibility is the ability to adapt to new situations and deal with change.



© 2018 Pathway 2 Success

I am attaching some guided questions (Executive Functioning Brain Boosters) that you can review with your students on improving their executive functioning skills. It can help them think, be aware and optimize each element involved.

Thank you and feel free to add any resources, comments, or suggestions 😊

Kind regards,

Putri Wanna | Learning Support Teacher

T +86 755 2645 4992 | www.isnsz.com



**INTERNATIONAL SCHOOL
OF NANSHAN SHENZHEN**

ISNS 深圳市南山外籍人员子女学校

📍 11 Longyuan Road, Taoyuan
Sub-District, Nanshan District,
Shenzhen, P.R. China, 518055

☎ 86-755-2666-1000

✉ admissions@isnsz.com



CARING LOCALLY. THRIVING GLOBALLY.

This email may contain confidential information and is intended only for the named recipient and may be privileged. Distribution or copying of this email by anyone other than the named recipient is prohibited. If you are not the named recipient, please notify us immediately and permanently destroy this email and all copies of it. Internet email is not private, secure, or reliable. No member of SCCSC or ISNS is liable for any errors or omissions in the content or transmission of this email. Any opinions contained in this email are solely those of the author.