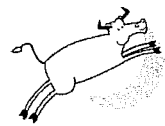


Executive Functioning Skills Check-List



• 3-4 Year Olds

- ★ Complete simple errands; “Get your shoes from the bedroom”.
- ★ Clean and put items away with minimal assistance.
- ★ Perform simple chores and self-care tasks with reminders and physical assistance if needed; clear dishes from table, brush teeth, get dressed.
- ★ Inhibit unsafe or inappropriate behaviors; don’t touch a hot stove; don’t run into the street; don’t grab a toy from another child; don’t hit, bite, push, etc.

• 5-7 Year Olds

- ★ Complete 2-3 step errands; “Put the napkin in the trash and then bring me a cup.”
- ★ Tidy bedroom or playroom independently.
- ★ Initiate and perform simple chores and self-help tasks, but may need reminders; making their bed, make a bowl of cereal.
- ★ Bring papers to and from school.
- ★ Complete homework assignments (20-minutes maximum).
- ★ Decide how to spend their money.
- ★ Inhibit behaviors; follow safety rules, use appropriate language (e.g. not swearing or using bathroom language when not appropriate), raise hand before speaking in class, and keep hands to self.

• Ages 8-11

- ★ Run errands, including those involving a time delay, such as remembering to bring something home from school without reminders.
- ★ Perform chores that take 10-30 minutes; setting the table, dusting.
- ★ Bring books, papers, assignments to and from school.
- ★ Keep track of belongings when away from home.
- ★ Complete the majority of homework assignments without assistance (1 hour maximum).