



I have
executive functioning
challenges and I am
going to school ...

A photograph of a classroom scene. A male teacher in a light blue shirt and dark trousers is standing and pointing with a black pen towards a desk. A female student with long, wavy blonde hair is sitting at the desk, looking up at the teacher. On the desk, there is a yellow pear, a pink folder, and some papers. In the background, another student is visible at a desk. The image has a pink semi-transparent overlay with a scalloped border on the top and bottom edges.

I may struggle with...

Organization

Time Management

Task Initiation

Task Completion

Prioritization



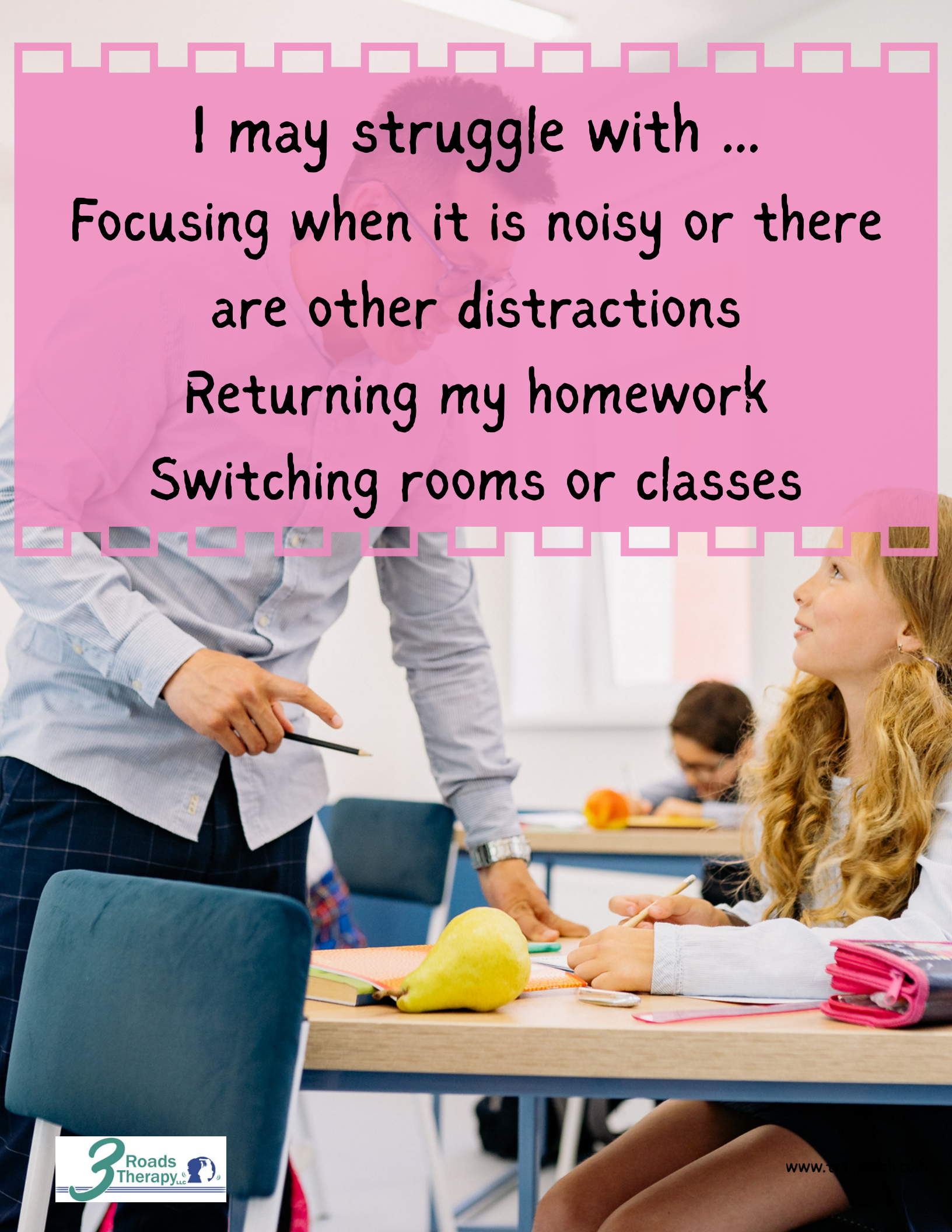
I may struggle with...

Inhibition

Making Choices

Monitoring myself and my
strengths/weaknesses

Emotional Responses

A background image of a classroom. A male teacher in a light blue shirt and dark trousers is standing and pointing with a black pen at a desk. A female student with long blonde hair is sitting at the desk, looking up at the teacher. On the desk, there is a yellow pear, a pink folder, and some papers. Another student is visible in the background, sitting at a desk and working.

I may struggle with ...
Focusing when it is noisy or there
are other distractions
Returning my homework
Switching rooms or classes



I am NOT ...

Bad

Lazy

Difficult

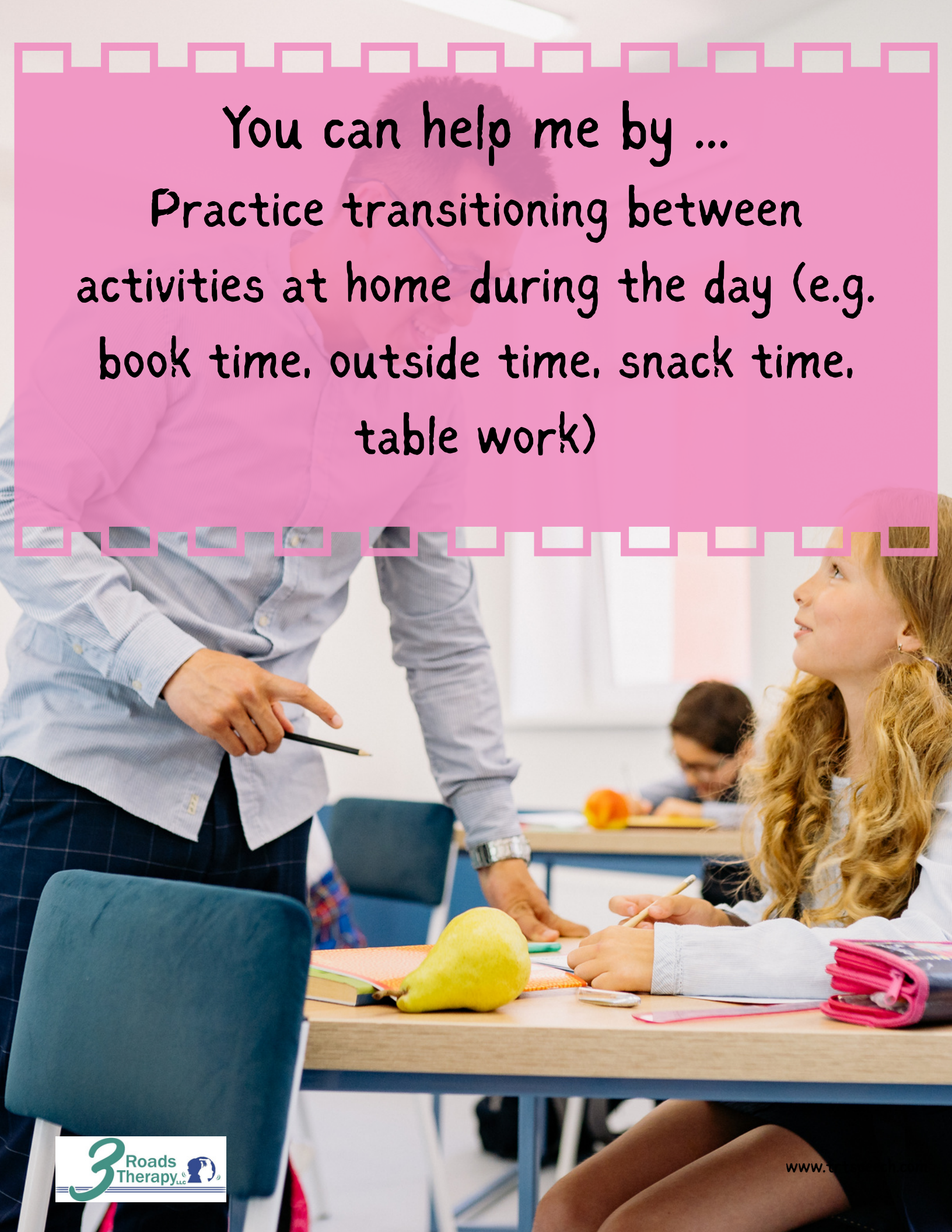
I need HELP learning the skills I lack



You can help me by ...

Help me develop a morning routine and
practice it before school starts

Create *simple* visuals for any task
that I struggle to complete

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You can help me by ...

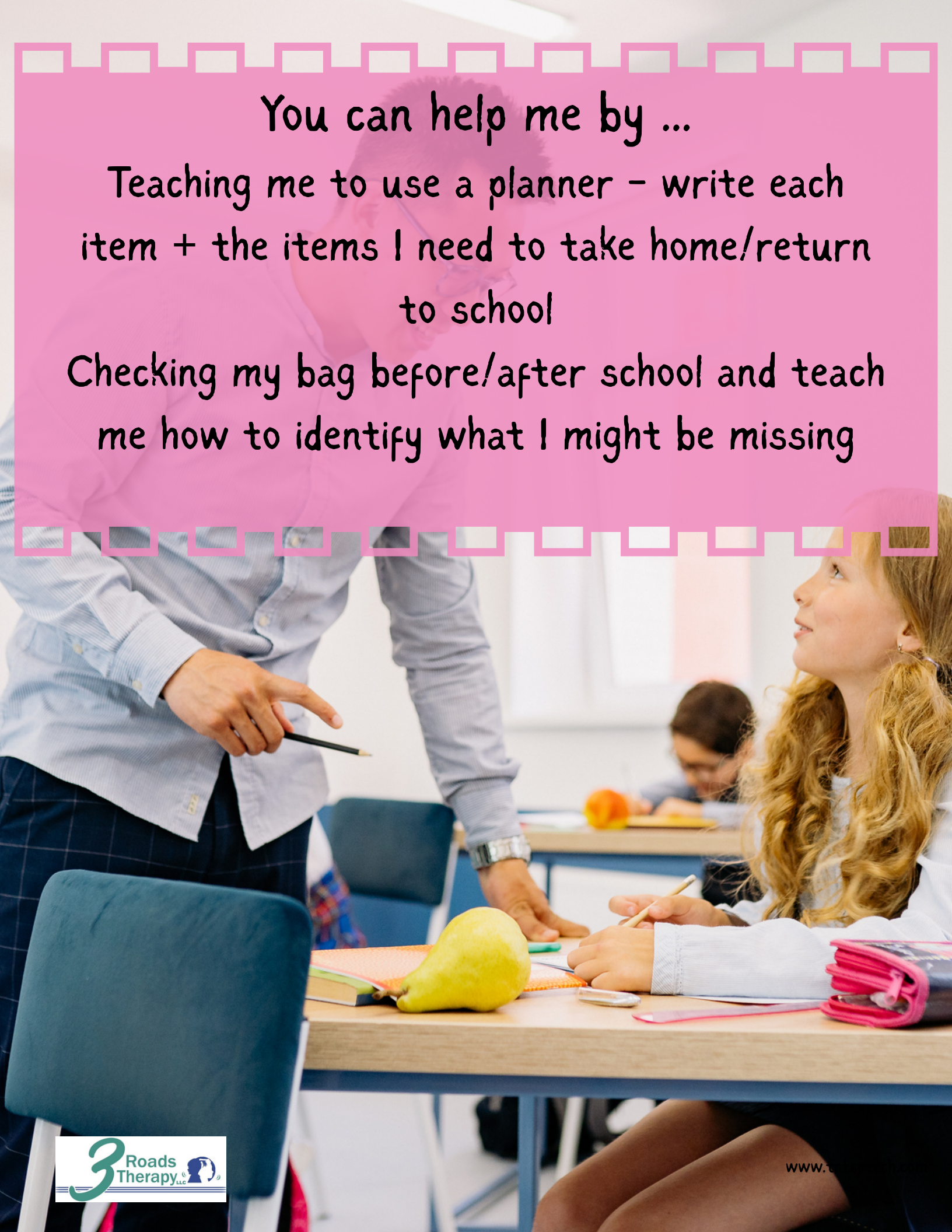
Practice transitioning between activities at home during the day (e.g. book time, outside time, snack time, table work)

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You can help me by ...

Visit the school before it starts and help me
walk through my day (go to all classes +
locker between)

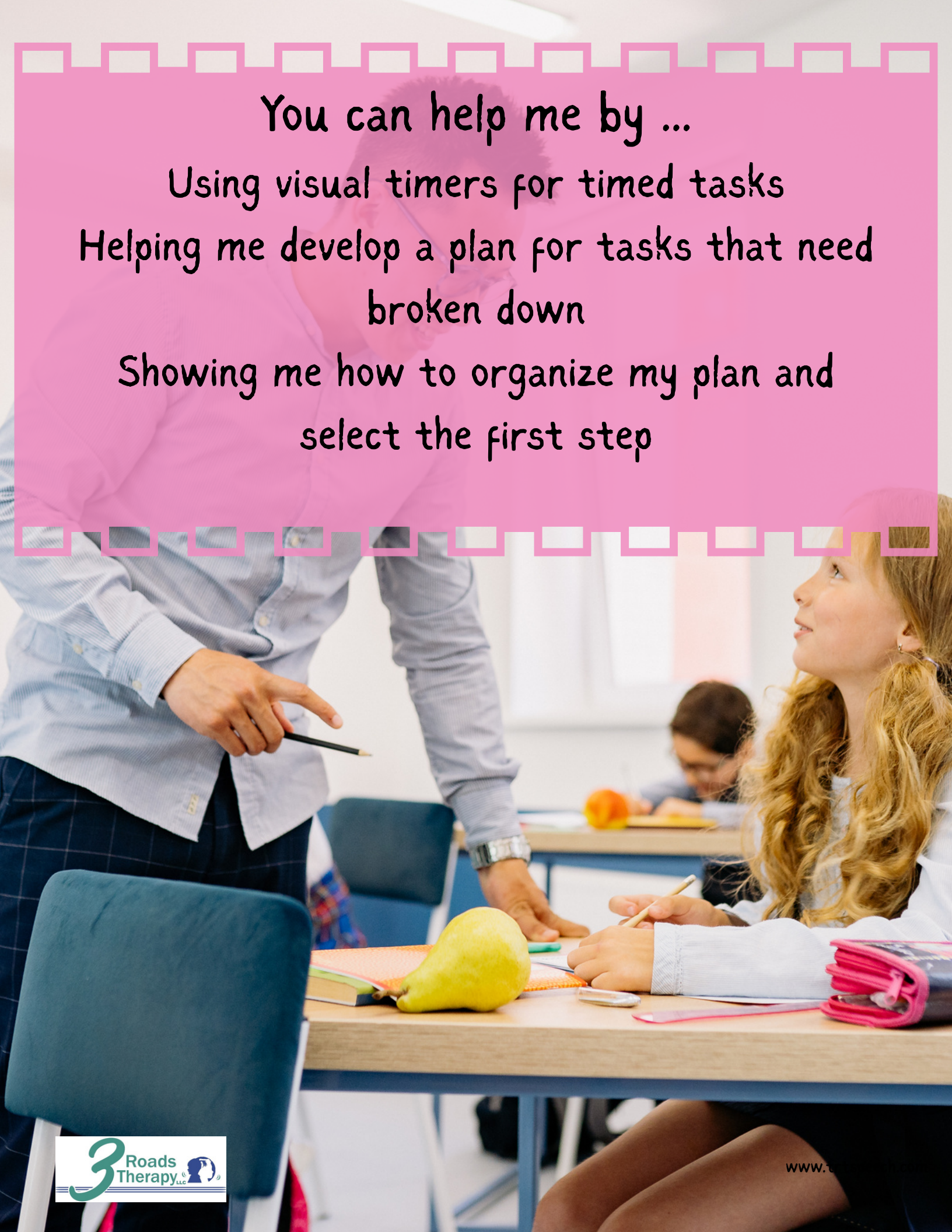
Create a schedule with visuals and a list of
each needed item for each class that I can
keep with me



You can help me by ...

Teaching me to use a planner - write each item + the items I need to take home/return to school

Checking my bag before/after school and teach me how to identify what I might be missing

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You can help me by ...

Using visual timers for timed tasks

Helping me develop a plan for tasks that need
broken down

Showing me how to organize my plan and
select the first step

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You can help me by ...

Establishing a relationship with my teacher(s)
and maintain regular communication

Share visuals and planner strategies to keep
consistency

Attend team meetings/conferences to keep
track of my progress