

Occupational Therapy

What is Executive Functioning?

How does it help me be organised?

Aniesa Blore



What does your carer think you struggle with?

Spend time with an adult to see if you sometimes:

- Do things without thinking it through
- Rush and make mistakes
- Get frustrated and struggle to control your feelings
- Push or hit others
- Forget homework
- Lose your things, like clothes or pencils or your water bottle
- Forget to do things
- Struggle with homework
- Struggle going to school

Yes	No



Do YOU think you need help...

Before school	Yes	No
Brushing your teeth?		
Getting your clothes out?		
Getting dressed?		
Having breakfast?		
Packing your bag?		
Leaving on time?		



Do YOU think you need help...

During school	Yes	No
Following instructions?		
Paying attention?		
Working on time?		
Holding on to all your things?		
Making notes?		
Writing down tasks?		
Playtime?		



Do YOU think you need help...

After school	Yes	No
Getting changed?		
Having a snack?		
Keeping your room tidy?		
Getting your book bag sorted?		
Starting your homework?		
Staying focussed?		

