

## Stopping:

Inhibiting Behaviours  
Appropriately



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## Introduction:

How to Help  
Children Become  
Better Students

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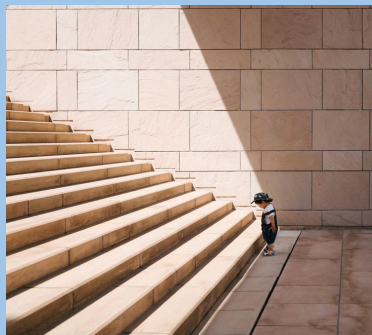
## Managing Emotions:



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## Starting:

Initiating Tasks Independently



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## A Parent's/ Caregiver's Guide to Executive Functioning

## Self-Monitoring:

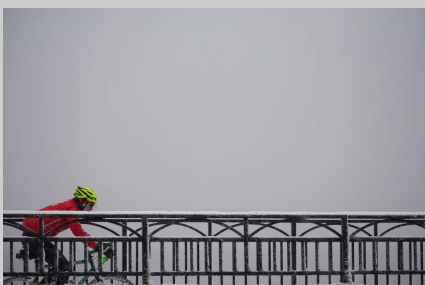
Am I doing what I'm supposed  
to do?



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## Sustaining Effort

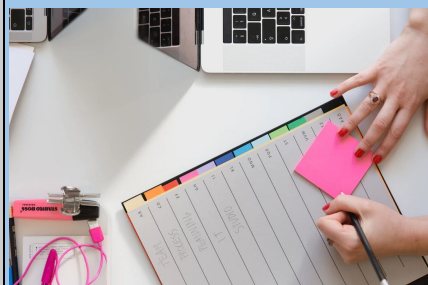
Working as long as needed



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## Planning:

Organizing Yourself



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## Flexibility:

Adapting to the Situation



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