

## Strategies & Activities to Bolster Executive Function

<p><b>Divide &amp; Conquer</b></p> <ul style="list-style-type: none"> <li>• Make a Plan</li> <li>• Break it Down</li> <li>• Chunk it</li> </ul>	<p><b>Time Management</b></p> <ul style="list-style-type: none"> <li>• Estimate</li> <li>• Track</li> <li>• Plan B</li> </ul>	<p><b>Learn Things</b></p> <ul style="list-style-type: none"> <li>• Teach ourselves</li> <li>• Teach Someone</li> <li>• Talk it out</li> </ul>
<p><b>Game Play</b></p> <ul style="list-style-type: none"> <li>• Brain Training</li> <li>• Board Games</li> <li>• Puzzles</li> <li>• Activities</li> </ul>	<p><b>Sports</b></p> <ul style="list-style-type: none"> <li>• Team</li> <li>• Playground</li> </ul>	<p><b>Free Play</b></p> <ul style="list-style-type: none"> <li>• Interest-driven</li> <li>• Child-directed</li> </ul>
<p><b>Name that Feeling</b></p> <ul style="list-style-type: none"> <li>• List the Possibilities</li> <li>• Memories</li> </ul>	<p><b>Music</b></p> <ul style="list-style-type: none"> <li>• Listen</li> <li>• Play</li> <li>• Learn</li> <li>• Dance</li> <li>• Sing</li> </ul>	<p><b>Perform</b></p> <ul style="list-style-type: none"> <li>• Theater</li> <li>• Videography</li> <li>• Art</li> <li>• Improv</li> <li>• Photography</li> </ul>
<p><b>Lists</b></p> <ul style="list-style-type: none"> <li>• Grocery</li> <li>• Vacation</li> <li>• School</li> <li>• Recipes</li> </ul>	<p><b>Everyday Activities</b></p> <ul style="list-style-type: none"> <li>• Baking/Cooking</li> <li>• Playground</li> <li>• Outdoor Play</li> </ul>	