

Executive Function Skills by Age Checklist

Child's information

Name:

Age:

Sex:

Introduction

The Executive Function Skills by Age Checklist is a comprehensive tool designed to assess and monitor the development of executive function skills in individuals across different age groups. This checklist provides a structured framework for evaluating key executive function abilities and identifying areas for growth and support.

How to use

- 1. Familiarize yourself with the checklist:** Review the checklist to understand the executive function skills assessed and the corresponding age groups.
- 2. Assess the individual's executive function skills:** Administer the checklist to the individual, observing their performance on the tasks and behaviors outlined.
- 3. Document the results:** Record the individual's performance, noting strengths and areas for improvement.
- 4. Identify areas for intervention:** Use the checklist results to identify specific areas where targeted interventions may benefit the individual.
- 5. Implement tailored interventions:** Develop and implement interventions tailored to the individual's needs, focusing on strengthening executive function skills.
- 6. Monitor progress:** Regularly revisit the checklist to assess progress and adjust interventions as needed.

Checklist

Preschoolers (ages 3-5):

Following instructions: Can the child follow simple instructions such as cleaning up toys or getting dressed?

Emotional regulation: Does the child recognize and label their emotions? Can they express themselves appropriately in various situations?

Task persistence: Does the child demonstrate the ability to stick with an activity for a short period, showing early signs of persistence?

Early elementary school children (ages 6-8):

Planning and organizing: Can the child plan their homework assignments, organize their school materials, and manage their time effectively?

Problem-solving: Does the child exhibit problem-solving skills to navigate challenges they encounter both academically and socially?

Self-control: Is the child able to regulate their impulses and emotions, exhibiting improved self-control in various situations?

Late elementary school children (ages 9-11):

Time management: Can the child juggle multiple responsibilities such as homework, extracurricular activities, and social commitments, managing their time effectively?

Long-term planning: Does the child think ahead and set goals for the future, requiring the ability to plan and prioritize tasks over an extended period?

Adaptability: Is the child becoming more adaptable, demonstrating the ability to adjust their strategies and responses based on changing circumstances?

Middle schoolers (ages 12-14):

Time management: Can the middle schooler effectively manage their time to balance academic demands, extracurricular activities, and social commitments?

Organization: Does the middle schooler maintain an organized system for managing school assignments, materials, and deadlines?

Critical thinking: Can the middle schooler analyze information, make reasoned decisions, and solve problems independently?

Additional notes