

# EXECUTIVE FUNCTIONING PYRAMID



**ADVANCED LEVEL 2**



**ADVANCED LEVEL 1**

**INTERMEDIATE LEVEL**

**FOUNDATIONAL LEVEL 2**

**FOUNDATIONAL LEVEL 1**

<b>Foundational Skills Level 1</b>	<ul style="list-style-type: none"> <li>● <b>Shifting/transitioning:</b> One's ability to tolerate change in routines or plans</li> <li>● <b>Emotional Regulation:</b> One's ability to effectively manage and respond to a personal experience</li> </ul>
<b>Foundational Skills Level 2</b>	<ul style="list-style-type: none"> <li>● <b>Inhibition:</b> A mental process imposing restraint upon behavior or another cognitive function. AKA self-control</li> </ul>
<b>Intermediate Level</b>	<ul style="list-style-type: none"> <li>● <b>Initiation:</b> The act of starting a task after being asked or reminded. (Figuring out how one initiates a task is essential when building intermediate skills through awareness of actions and adaptive tools)</li> <li>● <b>Working Memory:</b> One's ability to temporally store information until it isn't needed. (So if we are given 3-step tasks, we remember the 3 tasks long enough to complete them and then move on)</li> </ul>
<b>Advanced Level 1</b>	<ul style="list-style-type: none"> <li>● <b>Organization of materials:</b> Placing materials where they belong or color-coordinating an area to help find future materials. (This skill is needed to build time management skills)</li> <li>● <b>Plan/Organizing:</b> Being able to recognize the consequences of one's actions and making a decision based on this knowledge</li> <li>● <b>Time management:</b> The ability to use one's time effectively and productively</li> </ul>
<b>Advanced Level 2</b>	<ul style="list-style-type: none"> <li>● <b>Goal-Directed Persistence:</b> The capacity to make a goal, follow through to the completion of this goal, and not be put off or distracted by competing interests</li> <li>● <b>Metacognition:</b> One's awareness about their own thought process. (Foundational skills must be mastered first. Once a child shows metacognition, we can work on generalization to other day-to-day areas, resulting in solutions for life.</li> </ul>