

<b>x</b>	<b>✓</b>
Mostly Don't Agree	Mostly Agree

## EF Checker for Kids

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Item	RESPONSE INHIBITION	Score
1	I don't mind being picked last for things.	
2	I know people who blurt stuff out, but I almost never do.	
3	Usually I listen carefully and get all the instructions before starting my work at school. I'm not rushing off like some crazy person.	
	<b>Total Checks for Response Inhibition</b>	
	<b>WORKING MEMORY</b>	
4	I don't need to jot down my 'carries' when doing addition.	
5	I can remember phone numbers without writing them down.	
6	I know people who lose their train of thought halfway through a sentence, but I don't.	
	<b>Total Checks for Working Memory</b>	
	<b>EMOTIONAL CONTROL</b>	
7	I can accept 'constructive feedback' without feeling upset at all.	
8	If something frustrating happens I get over it fast. I don't hold grudges or get in grumpy moods very much.	
9	I'll try a new thing, even if there's a chance I will be totally ridiculously foolishly and embarrassingly bad at it. No biggie.	
	<b>Total Checks for Emotional Control</b>	
	<b>COGNITIVE FLEXIBILITY</b>	
10	I'm okay when something unexpected happens and plans change but I don't judge my friends who get all mad when gym is cancelled.	
11	I like developing ideas WITH people and don't get stuck on MY ideas too much. I'm good like that.	
12	I solve a problem and then I explore and play and experiment with a lot of other ways to solve the problem.	
	<b>Total Checks for Cognitive Flexibility</b>	
	<b>SUSTAINED ATTENTION</b>	
13	When I'm reading, I'm totally locked in. Super focus.	
14	I can listen to my teacher's instructions all the way through, from start to the very finish. I never need to say, "Wait... what?"	
15	I pay really good attention to proofreading when I'm writing. I seem to notice even the smallest details. No missing capitals.	
	<b>Total Checks for Attention</b>	

	<b>TASK INITIATION</b>	
16	I like to start my work right away. Pow. I'm off.	
17	Waking up in the morning is not a problem for me. Is that annoying?	
18	My parents don't have to bug me to start my homework.	
	<b>Total Checks for Task Initiation</b>	
	<b>PLANNING / PRIORITIZING</b>	
19	I think ahead to the weekend and try to get sleepovers and playdates organized. Am I a better planner than my parents? Maybe.	
20	I rarely miss important events or deadlines. On it.	
21	I love packing for trips. Hmmm... how to jam in the basketball?	
	<b>Total Checks for Planning and Prioritizing</b>	
	<b>ORGANIZATION</b>	
22	I am a master of venn diagrams, mind maps, Inspiration/Kidspiration charts, and any other visual planners or organizers you can think of.	
23	My locker, room, desk, and schoolbag are tidy. No rotting bananas.	
24	I don't tend to lose my bank card, ball cap, cellphone, or sweatshirt.	
	<b>Total Checks for Organization</b>	
	<b>TIME MANAGEMENT</b>	
25	I know when all my soccer/ballet/etc commitments are without asking my parents or looking at a calendar. Ninja.	
26	It's weird. I seem to finish my school task in the right amount of time even though I don't check the clock much.	
27	I can usually guess what time it is correctly. Okay. Yeah. That's weird.	
	<b>Total Checks for Time Management</b>	
	<b>GOAL DIRECTED PERSISTENCE</b>	
28	If you ask me to do something helpful, I will finish it all the way – I'm a good teacher's helper. I'm okay with that.	
29	If I start something tricky and I can't get it right away I get a little obsessed and will snap at you if you try to butt in. (Or be politely annoyed)	
30	I can't stand leaving a book unfinished, even if it's not my absolute fave. I like to finish stuff.	
	<b>Total Score for Goal Directed Persistence</b>	

The more checks you have, the stronger the executive function is. The less checks you have, the weaker the executive function is. Kind of obvious but you'd be AMAZED at how many people ask. If the EF is weak, it's probably, like, the root of all annoyance in your life. Think about it. Where else does that weak EF make it hard to be your awesome self? For real.