

Executive Skill	Definition	What It Looks Like: Kindergarten	What It Looks Like: Early Elementary (Grades 1-3)	What It Looks Like: Late Elementary (Grade 4)	Tips for Teaching & Building This Skill at Home:
Response Inhibition	The capacity to think before you act. Having the ability to resist the urge to say or do something allows your child time to evaluate a situation and how their behavior might impact it	Your child... ...acts appropriately in some situations where danger is obvious (for example, avoiding a hot stove) ...can share toys without grabbing ...can wait for a short period of time when instructed by an adult	Your child... ...can follow simple home/classroom rules ...can be near another child without the need for physical contact ...can wait until a parent gets off the phone before telling him/her something	Your child... ...can handle conflict with peers without getting into physical fights ...can follow home or school rules without an adult's immediate presence ...can calm down or de-escalate from emotionally charged situations when prompted by an adult	Be aware of unique temptations and make a plan to avoid them Delay gratification by using formal waiting periods for things your child wants Requiring children to earn something they want to inhibit impulses (visual charts can help with this!) Help your child understand there are consequences for poor impulse control Prepare your child for situations that require impulse control by reviewing them in advance. Practice response inhibition in role-playing situations Cue your child before he/she enters a situation that calls for a specific behavior you're targeting and then reward him/her for exhibiting self-control.

Material for this chart compiled and adapted from Smart but Scattered by Peg Dawson and Richard Guare