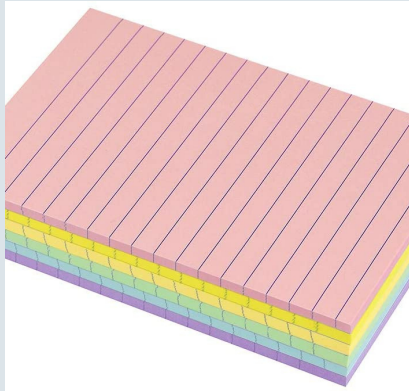


EXECUTIVE FUNCTION HELPERS

One of the best strategies to support our executive functioning is to outsource our attention, memory and thinking. Here are some Tools to help your brain stay engaged and focused



1. Stick Notes
2. Visual Timer
3. Planner
4. Color Felt Pens
5. Highlighters
6. Whiteboard
7. Shower Notes
8. Post its
9. To Do List