



The Executive Functioning Oreo

Self-Regulation: PAUSING

Inhibit the impulse to react

- Requires development of metacognitive skills: react vs. respond

Strategic Thinking: PLANNING

Make a plan to respond

- Must be able to analyze the current situation; then use foresight and hindsight to make a plan for present action

Self-Regulation: ACTING

Follow the plan

- Must have motivation and self-regulation to follow the plan

