








# 8 ways to help young children develop *executive function skills*

-  Ensure that children have opportunities to engage in physical activity every day
-  Incorporate music, dance, and activity in the classroom
-  Support pretend play in which children take on different roles
-  Scaffold new learning with visual supports
-  Teach children to take turns
-  Help children learn to label and recognize their feelings
-  Help children persist with challenging and multistep activities
-  Systematically increase demands so that children can practice executive function skills