



# Magic Words

Model self-understanding and self-compassion!  
Teach students how to feel good  
about EF strengths and challenges:

“That EF is so tricky for me too.”

“So many people struggle with that EF.”

“I have strategies to work around that.”

“That’s just like me!”

“We have THAT EF strength in common!”

“You know me... this EF is my superpower!”

“You know me... guess what EF I’ll struggle  
with in THIS task.”

“We know each other so well. What EF will  
we all struggle with in this task?”

“My goodness – I slept poorly and my EFs  
are in rough shape!”

“I just had a rough conversation and I need  
to calm down before we start...”

“I know myself so well!”

“You know yourself so well!”

“Something that helps ME with that is...”

“I completely understand. I GET it!”

“This task is hard for me. How can I be  
strategic?”

# What ARE Executive Functions?



EFs are the like the brain's conductor.

They help direct your  
unique creativity and incredible smarts  
so you can achieve your goals.



Everyone has different strengths and weaknesses, like a fingerprint.

EFs help you express your creativity and smarts.



Incredibly smart people, like teachers and parents, have EF challenges too.



EFs will slowly get better with age.



# 4 FACTS About Executive Functions