

1 Always	2 Often	3 Sometimes	4 Rarely	5 Never
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# EF Challenge Checker for Kids

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Item	RESPONSE INHIBITION	Score
1	Even if I'm full, I just can't stop eating and nibbling.	
2	I blurt stuff out in class.	
3	I start work before I've heard all of the instructions. I rush off.	
<b>Total Score for Response Inhibition</b>		
<b>WORKING MEMORY</b>		
4	I forget what I was saying halfway through.	
5	If I get too many instructions, I can't remember them all.	
6	It's hard to hold a few things in my head at once. (Like chess moves.)	
<b>Total Score for Working Memory</b>		
<b>EMOTIONAL CONTROL</b>		
7	I feel upset when a teacher tells me I've done something wrong or to change my work.	
8	If something frustrating happens I take a long time to calm down.	
9	I get worried about things being perfect. I don't like starting on a project if I'm not sure I can get it perfect.	
<b>Total Score for Emotional Control</b>		
<b>FLEXIBILITY</b>		
10	I really dislike it when things change unexpectedly - like a cancelled gym class.	
11	I find it hard to work in groups. I'd rather stick to my own thinking and ideas.	
12	I don't like thinking of different ways to solve problems. I like to know the one BEST way.	
<b>Total Score for Flexibility</b>		
<b>SUSTAINED ATTENTION</b>		
13	My mind wanders when I'm reading. I'll suddenly realize I haven't been paying attention.	
14	When listening to people talk I sometimes lose focus and say, "Wait... what?"	
15	I don't pay very good attention to proofreading when I'm writing. I don't notice the little details like punctuation and spelling.	
<b>Total Score for Sustained Attention</b>		
<b>TASK INITIATION</b>		
16	I find it hard to start my homework. I procrastinate.	
17	Waking up in the morning is really hard. It's hard to get going.	
18	I like making big plans but don't like starting on them.	
<b>Total Score for Task Initiation</b>		

	<b>PLANNING / PRIORITIZING</b>	
19	I don't really plan my weekends and sometimes they are boring.	
20	I don't always plan to have proper winter clothes, or to bring the things I want to have at recess (like a soccer ball or skipping rope), or to get homework done. I'm sometimes not prepared.	
21	I don't do a very good job of packing for trips.	
	<b>Total Score for Planning and Prioritizing</b>	
	<b>ORGANIZATION</b>	
22	I have a hard time making diagrams or charts look tidy, even, clear, and organized.	
23	My locker, room, desk, and schoolbag are pretty messy.	
24	I sometimes lose things like my bank card, ball cap, cellphone, or sweatshirt.	
	<b>Total Score for Organization</b>	
	<b>TIME MANAGEMENT</b>	
25	I don't know my schedule at school or for other things like after school lessons or clubs.	
26	During school, I am sometimes very surprised to find out that time is up for working on a task.	
27	I can rarely guess what time it is correctly.	
	<b>Total Score for Time Management</b>	
	<b>GOAL DIRECTED PERSISTENCE</b>	
28	I like to help, but I don't like finishing jobs all the way.	
29	If I start something tricky and I can't get it right away I usually give up.	
30	I start books that should be good for my reading level, but don't finish them.	
	<b>Total Score for Goal Directed Persistence</b>	
	<b>METACOGNITION</b>	
31	I find myself making the same mistakes again and again.	
32	I don't talk about or think about lessons when they're done.	
33	I don't monitor or evaluate as I work, or think about how I'm doing.	
	<b>Total Score for Metacognition</b>	

1	2	3	4	5
Always	Often	Sometimes	Rarely	Never

**Bar Graph of EF Strengths and Weakness**

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14											
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	<b>RI</b>	<b>WM</b>	<b>EC</b>	<b>F</b>	<b>SA</b>	<b>TI</b>	<b>PP</b>	<b>O</b>	<b>TM</b>	<b>GDP</b>	<b>M</b>