

Developmental Tasks Requiring Executive Skills

Age range	Developmental task
Preschool	<p>Run simple errands (for example, "Get your shoes from the bedroom")</p> <p>Tidy bedroom or playroom with assistance</p> <p>Perform simple chores and self-help tasks with reminders (for example, clear dishes from table, brush teeth, get dressed)</p> <p>Inhibit behaviors: don't touch a hot stove, run into the street, grab a toy from another child, hit, bite, push, etc.</p>
Kindergarten to grade 2	<p>Run errands (two- to three-step directions)</p> <p>Tidy bedroom or playroom</p> <p>Perform simple chores, self-help tasks; may need reminders (for example, make bed)</p> <p>Bring papers to and from school</p> <p>Complete homework assignments (20-minute maximum)</p> <p>Decide how to spend money (allowance)</p> <p>Inhibit behaviors: follow safety rules, don't swear, raise hand before speaking in class, keep hands to self</p>
Grades 3-5	<p>Run errands (may involve time delay or greater distance, such as going to a nearby store or remembering to do something after school)</p> <p>Tidy bedroom or playroom (may include vacuuming, dusting, etc.)</p> <p>Perform chores that take 15-30 minutes (for example, clean up after dinner, rake leaves)</p> <p>Bring books, papers, assignments home and take them back to school</p> <p>Keep track of belongings when away from home</p> <p>Complete homework assignments (1-hour maximum)</p> <p>Plan simple school project such as book reports (select book, read book, write report)</p> <p>Keep track of changing daily schedule (for example, different activities after school)</p> <p>Save money for desired objects, plan how to earn money</p> <p>Inhibit/self-regulate: behave when teacher is out of the classroom; refrain from rude comments, temper tantrums, bad manners</p>
Grades 6-8	<p>Help out with chores around the home, including daily responsibilities and occasional tasks (for example, emptying dishwasher, raking leaves, shoveling snow); tasks may take 60-90 minutes to complete</p> <p>Babysit younger siblings or other kids for pay</p> <p>Use system for organizing schoolwork, including assignment book, notebooks, etc.</p> <p>Follow complex school schedule involving changing teachers and changing schedules</p> <p>Plan and carry out long-term projects, including tasks to be accomplished and reasonable timeline to follow; may require planning multiple large projects simultaneously</p> <p>Plan time, including after-school activities, homework, family responsibilities; estimate how long it takes to complete individual tasks and adjust schedule to fit</p> <p>Inhibit rule breaking in the absence of visible authority</p>