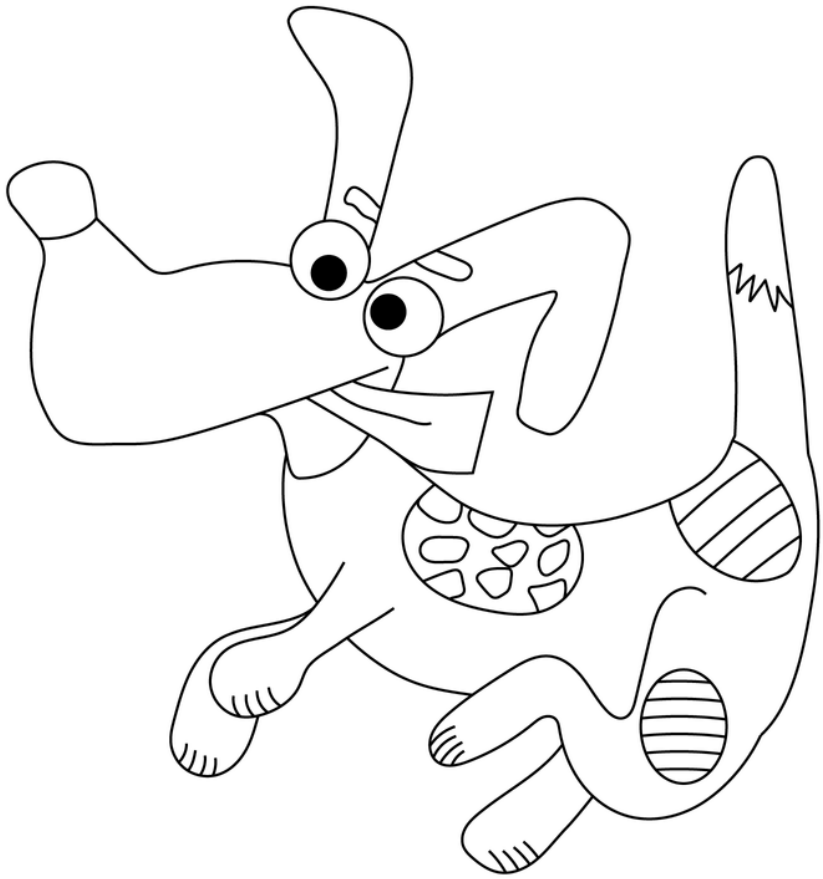
Response Inhibition

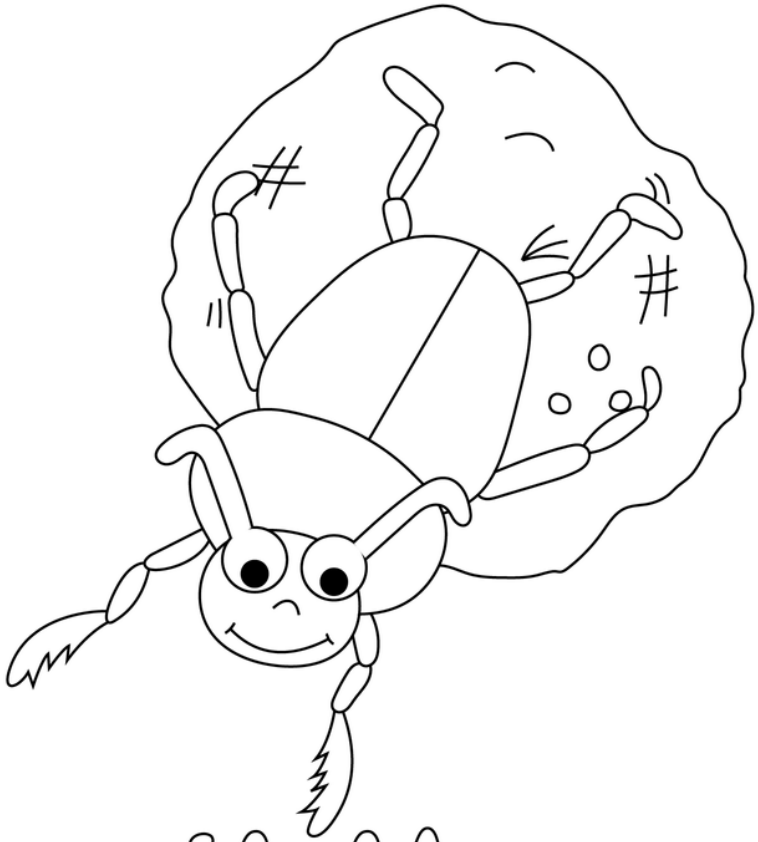
The ability to stop, evaluate and think before you act



STOP SPOT

Goal Directed Persistence

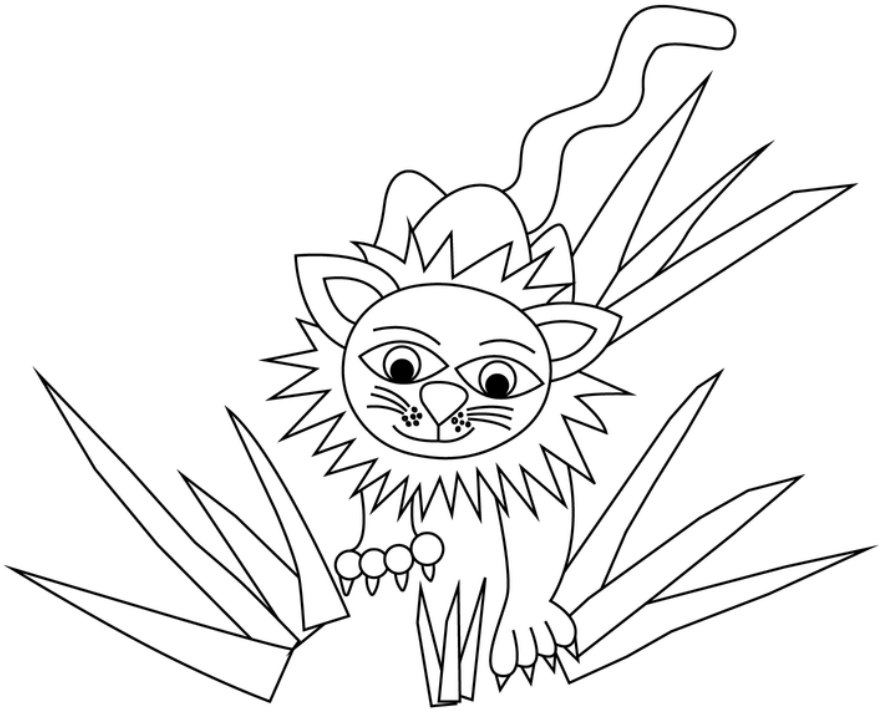
The ability to persevere and follow a task through to completion



See it through Sam

Sustained Attention

The capacity to attend to a situation or task in spite of distractibility, tiredness or lack of interest



Focused Freddie

Time Management

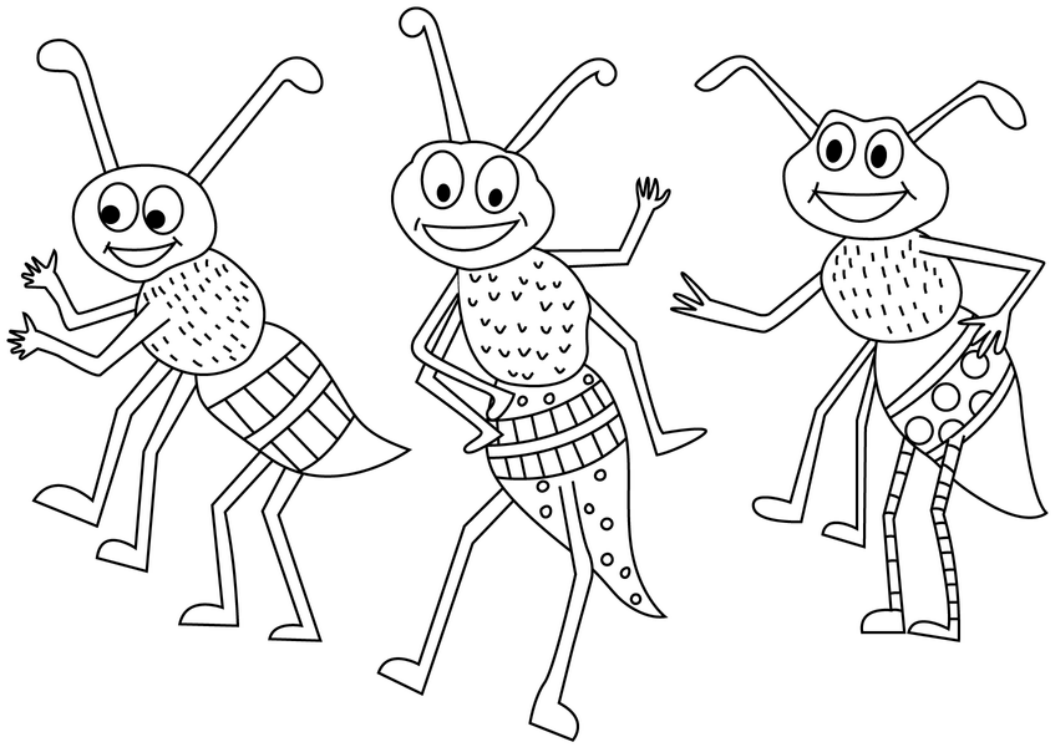
The ability to move appropriately from one situation to another and the capacity to estimate and use time effectively



Tick-tock Timmy

Task Initiation

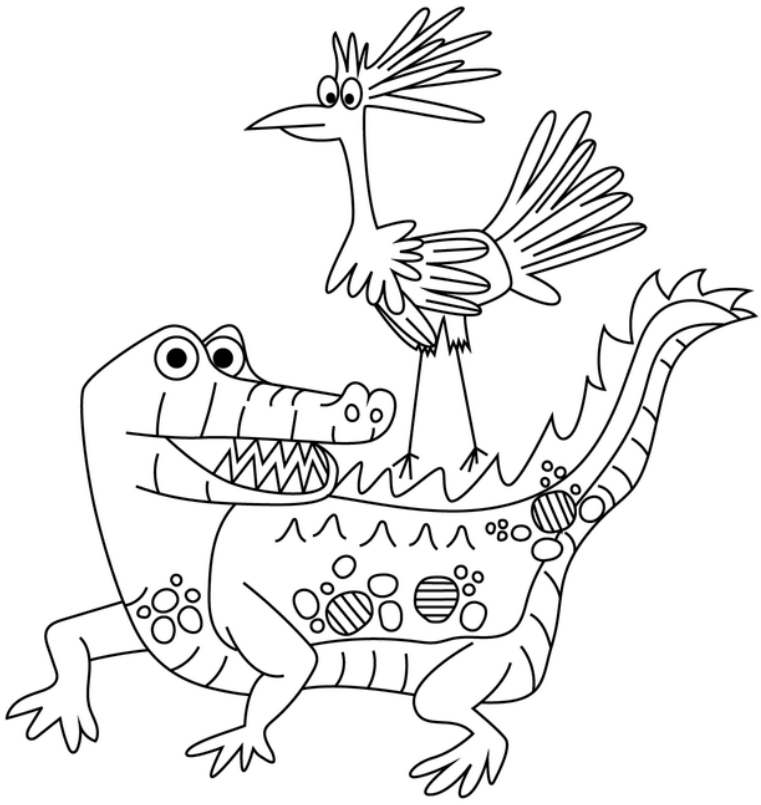
The ability to begin a task in a timely fashion



The get going gang

Emotional Control

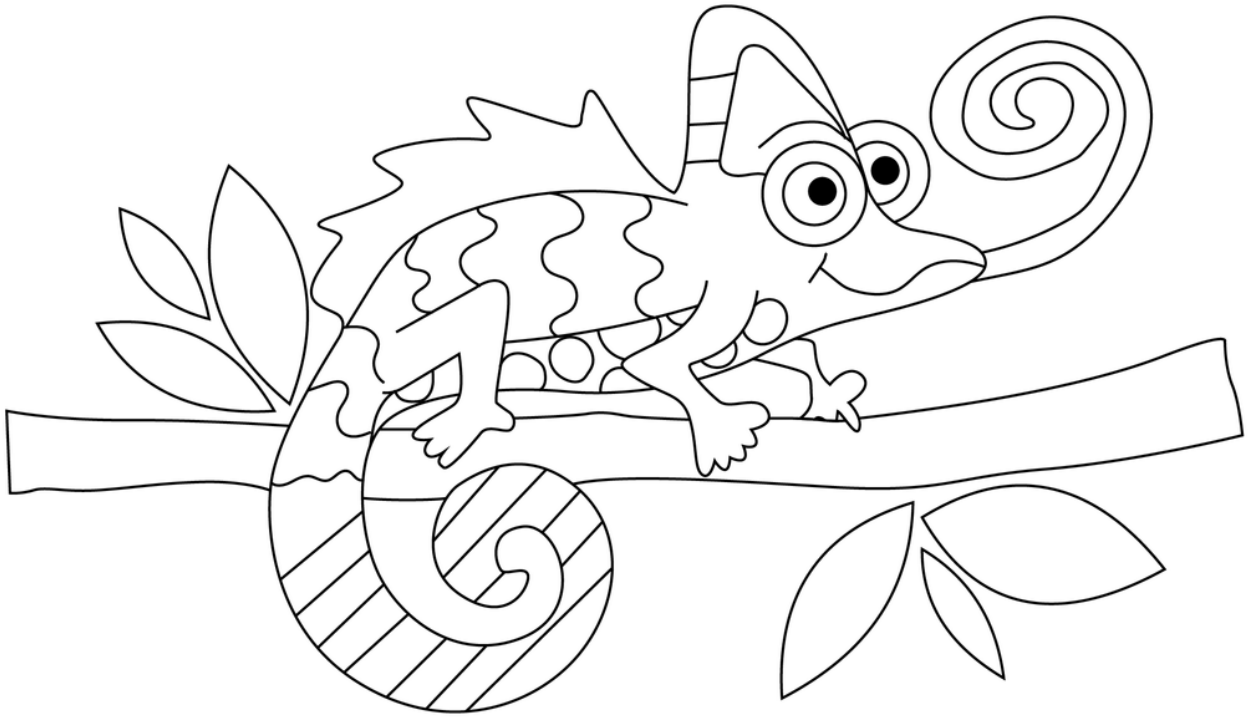
The ability to recognise and regulate emotions in order to achieve goals, complete tasks and direct behaviour



Keep Calm Crock

Flexibility

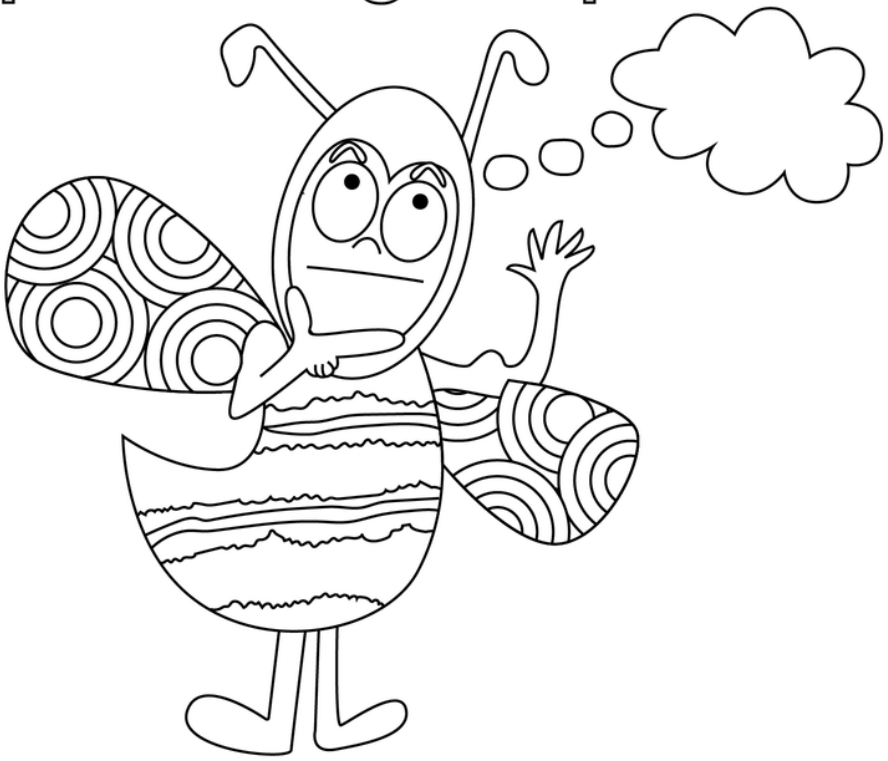
The ability to revise a plan in the face of obstacles, setbacks, new information or mistakes. Flexibility involves adaptability to changing conditions



Ad-aptable

Working Memory

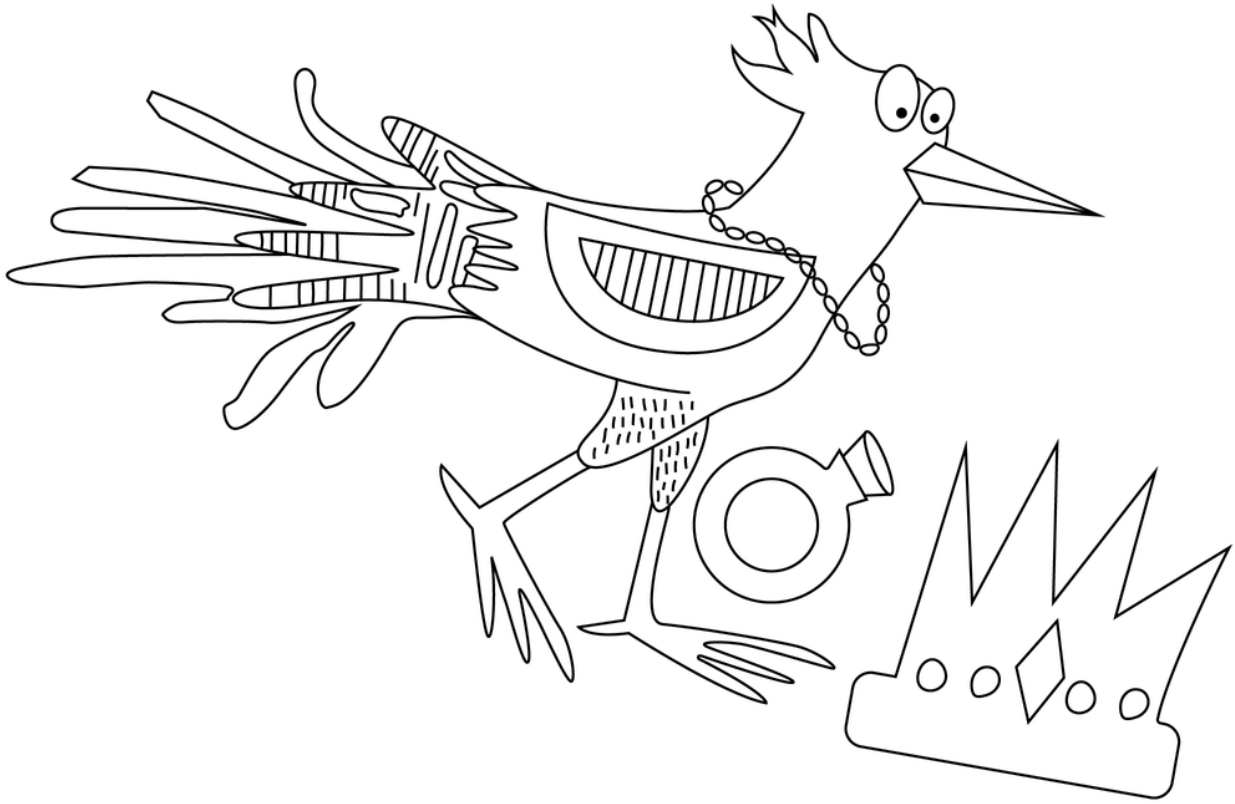
The ability to hold information and past experience/learning in mind while performing complex tasks



Memorising Marvin

Organization

The ability to design and maintain systems for tracking information and materials



Ollie the Organiser

Metacognition

The ability to self-monitor and self-evaluate



Eve-owl-uate

Planning and Prioritisation

The ability to create a plan, make decisions and prioritise for task completion



Penny Planner