

executive dysfunction **INDICATORS**

Things to watch for in the preschool & early elementary years

Remember, these are general guidelines. If you have concerns, it is always best to seek out an evaluation by a speech-language pathologist or occupational therapist.

PRESCHOOL INDICATORS

- Difficulty following simple 1 to 2 step directions
- Frequent meltdowns with transitions
- Strong impulsivity that affects play or safety
- Trouble sustaining attention even during preferred activities
- Becoming overwhelmed by simple or routine tasks
- Difficulty waiting, taking turns, or stopping an activity

These may impact early learning, play, and social development.

KINDERGARTEN INDICATORS

- Difficulty following classroom routines
- Trouble remembering multi-step directions
- Big emotional reactions to small changes
- Difficulty starting or completing tasks
- Limited ability to organize materials
- Impulsivity that interferes with learning or peer interactions

These may suggest difficulty adapting to structured school expectations.

1st AND 2nd GRADE INDICATORS

- Persistent difficulty organizing materials and workspace
- Struggles managing daily routines independently
- Trouble sustaining attention during lessons or solo work
- Difficulty planning steps for assignments or activities
- Trouble prioritizing what needs to be done first
- Difficulty recognizing or correcting mistakes
- Avoidance of tasks due to frustration or overwhelm
- Emotional shutdowns or outbursts during challenges

These challenges can affect academic progress, confidence, and self-regulation.

If your child struggles with any of these indicators, our Executive Function Coaching program can help! **Reach out today!**



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