

## EF Skills Questionnaire for Children (Preschool and Kinder)

Read each item below and then rate that item based on how well it describes the child. Then add the three scores in each section. Find the three highest and three lowest scores.

Strongly agree	5
Agree	4
Neutral	3
Disagree	2
Strongly Disagree	1

	Score
1. Acts appropriately in some situations where danger is obvious (e.g. avoiding The hot stove)	_____
2. Can share toys without grabbing.	_____
3. Can wait for a short period of time when instructed by an adult.	_____
Total Score	_____
4. Runs simple errands (e.g., gets shoes from bedroom when asked)	_____
5. Remembers instructions just given.	_____
6. Follows two steps of a routine with only one prompt per step.	_____
Total Score	_____
7. Can recover fairly quickly from a disappointment or change of plans.	_____
8. Is able to use nonphysical solutions when another child takes a toy away.	_____
9. Can play in a group without becoming overly excited.	_____
Total Score.	_____
10. Can complete a 5 minute chore (may need supervision)	_____
11. Can sit through preschool "circle time" (15-20 minutes)	_____
12. Can listen to one to two stories at a sitting.	_____
Total Score	_____
13. Will follow an adult directive right after it is given.	_____
14. Will stop playing to follow an adult instruction when directed.	_____
15. Is able to start getting ready for bed at set time with one reminder.	_____
Total Score	_____
16. Can finish one task or activity before beginning another.	_____
17. Is able to follow a brief routine or plan developed by someone else (with model or demo)	_____
18. Can complete a simple art project with more than one step.	_____
Total Score	_____
19. Hangs up coat in appropriate place (may need one reminder)	_____
20. Puts toys in proper locations (with reminders)	_____
21. Clears off place setting after eating (may need one reminder)	_____
Total Score.	_____
22. Can complete daily routines without dawdling (with some cues/	_____

- Reminders) \_\_\_\_\_
23. Can speed up and finish something more quickly when given a reason to do some. \_\_\_\_\_
24. Can finish a small chore within time limits (e.g. make bed before turning On TV) \_\_\_\_\_
- Total Score \_\_\_\_\_
25. Will direct other children in play or pretend play activities \_\_\_\_\_
26. Will seek assistance in conflict resolution for a desired item. \_\_\_\_\_
27. Will try more than one solution to get to a simple goal. \_\_\_\_\_
- Total Score. \_\_\_\_\_
28. Is able to adjust to change in plans or routines (may need warning) \_\_\_\_\_
29. Recovers quickly from minor disappointments. \_\_\_\_\_
30. Is willing to share toys with others. \_\_\_\_\_
- Total Score. \_\_\_\_\_
31. Can make minor adjustment in construction project or puzzle when first attempt fails. \_\_\_\_\_
32. Can find novel (but simple) use of a tool to solve a problem. \_\_\_\_\_
33. Makes suggestions to another child for how to fix something. \_\_\_\_\_

Key  
Key

Items	Executive Skill	Items	Executive Skill	Items	Executive Skill
1-3	Response Inhibition	13-15	Task initiation	25-27	Goal directed persistence
4-6	Working memory	16-18	Planning/prioritization	28-30	Flexibility
7-9	Emotional Control	19-21	Organization	31-33	Metacognition
10-12	Sustained attention	22-24	Time management		

Your child's executive skills weakness  
(lower score)

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\_\_\_\_\_

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Your child's executive skills strength  
(highest score)

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## EF Skills Questionnaire for Children (Grades 1-3)

Read each item below and then rate that item based on how well it describes the child. Then add the three scores in each section. Find the three highest and three lowest scores.

Strongly agree	5
Agree	4
Neutral	3
Disagree	2
Strongly Disagree	1

	Score
1. Can follow simple classroom rules.	_____
2. Can be in close proximity to another child without need for physical contact	_____
3. Can wait until parent gets off phone before telling him/her something (may need one reminder)	_____
Total Score	_____
4. Is able to run errand with two or three steps.	_____
5. Remembers instructions given a couple of minutes earlier	_____
6. Follows two steps of a routine with one prompt.	_____
Total Score	_____
7. Can tolerate criticism from an adult.	_____
8. Can deal with perceived "unfairness" without undue upset.	_____
9. Is able to adjust behavior quickly in new situation. (e.g. calming down after Recess)	_____
Total Score.	_____
10. Can spend 20-30 minutes on homework assignments.	_____
11. Can complete a chore that takes 15-20 minutes.	_____
12. Can sit through a meal of normal duration.	_____
Total Score.	_____
13. Can remember and follow simple one- to two step routines (such as brushing teeth and combing hair after breakfast)	_____
14. Can get right to work on classroom assignment following teacher instruction To begin.	_____
15. Will start homework at established time (with one reminder)	_____
Total Score.	_____
16. Can carry out a two- to three-step project of own design (e.g. arts and crafts, Construction)	_____
17. Can figure out how to earn/save money for an inexpensive toy.	_____
18. Can carry out two- to three- step homework assignment with support (e.g. book report)	_____
Total Score	_____

19. Puts coat, winter gear, sports equipment in proper locations (may need Reminders) \_\_\_\_\_
20. Has specific places in bedrooms for belongings. \_\_\_\_\_
21. Doesn't lose permission slips, notices from school. \_\_\_\_\_
- Total Score \_\_\_\_\_
22. Can complete a short task within limits set by an adult. \_\_\_\_\_
23. Can build in appropriate amount of time to complete a chore before a Deadline (may need assistance). \_\_\_\_\_
24. Can complete a morning routine within time limits (may need practice) \_\_\_\_\_
- Total Score. \_\_\_\_\_
25. Will stick with challenging task to achieve desired goal (e.g. building Difficult Lego construct) \_\_\_\_\_
26. Will come back to a task later if interrupted. \_\_\_\_\_
27. Will work on a desired project for several hours or over several days. \_\_\_\_\_
- Total Score \_\_\_\_\_
28. Plays well with others (doesn't need to be in charge, can share, etc) \_\_\_\_\_
29. Tolerates redirection by teacher when not following instructions. \_\_\_\_\_
30. Adjusts easily to unplanned-for situations (e.g. substitute teacher) \_\_\_\_\_
- Total Score \_\_\_\_\_
31. Can adjust behavior in response to feedback from parent or teacher. \_\_\_\_\_
32. Can watch what happens to others and change behavior accordingly. \_\_\_\_\_
33. Can verbalize more than one solution to a problem and make the best choice. \_\_\_\_\_
- Total Score \_\_\_\_\_

### Key

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10-12	Sustained attention	22-24	Time management		

Your child's executive skills weakness  
(lower score)

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Your child's executive skills strength  
(highest scores)

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## EF Skills Questionnaire for Children (Grades 3-5)

Read each item below and then rate that item based on how well it describes the child. Then add the three scores in each section. Find the three highest and three lowest scores.

Strongly agree	5
Agree	4
Neutral	3
Disagree	2
Strongly Disagree	1

	Score
1. Handles conflict with peer without getting into physical fight (may lose Temper)	_____
2. Follows home or school rules in the absence of an adult's immediate Presence.	_____
3. Can calm down or de-escalate quickly from an emotionally charged Situation when prompted by an adult.	_____
Total Score.	_____
4. Remembers to follow a routine chore after school without reminders.	_____
5. Brings books, papers, assignments to and from school.	_____
6. Keeps track of changing daily schedule (eg. Different activities after school)	_____
Total Score	_____
7. Doesn't overreact to losing a game or not being selected for an award	_____
8. Can accept not getting what he/she wants when working/playing in a Group.	_____
9. Acts with restraint in response to teasing.	_____
Total Score	_____
10. Can spend 30-60 minutes on homework assignments.	_____
11. Can complete a chore that takes 30-60 minutes (may need a break)	_____
12. Is able to attend sports practice, church service, etc for 60-90 minutes.	_____
Total Score	_____
13. Is able to follow a three- to four-step routine that has been practiced.	_____
14. Can complete three to four classroom assignments in a row.	_____
15. Can follow established homework schedule (may need reminder to get started)	_____
Total Score	_____
16. Can make plans to do something special with a friend (eg. Go to Movies)	_____
17. Can figure out how to earn/save money for a more expensive purchase.	_____
18. Can carry out long-term project for school, with most steps broken down By someone else.	_____
Total Score	_____

19. Can put belongings in appropriate places in bedroom or other locations  
In house. \_\_\_\_\_
20. Brings in toys from outdoors after use or at end of day (may need reminder) \_\_\_\_\_
21. Keeps track of homework materials and assignments. \_\_\_\_\_
- Total Score \_\_\_\_\_
22. Can complete daily routines within reasonable time limits without  
Assistance. \_\_\_\_\_
23. Can adjust homework schedule to allow for other activities (eg starting  
Early if there's an evening Scout meeting) \_\_\_\_\_
24. Is able to start long-term projects enough in advance to reduce time  
Crunch (may need help with this) \_\_\_\_\_
- Total Score \_\_\_\_\_
25. Can save allowance for 3-4 weeks to make a desired purchase. \_\_\_\_\_
26. Is able to follow a practice schedule to get better at a desired skill  
(sport, instrument)- may need reminders. \_\_\_\_\_
27. Can maintain a hobby over several months. \_\_\_\_\_
- Total Score \_\_\_\_\_
28. Doesn't "get stuck" on things (eg. Disappointments, slights) \_\_\_\_\_
29. Can "shift gears" when plans have to change due to unforeseen circumstances. \_\_\_\_\_
30. Can do "open-ended" homework assignments (may need assistance) \_\_\_\_\_
- Total Score \_\_\_\_\_
31. Is able to anticipate in advance the result of a course of action and make  
Adjustments accordingly (eg. To avoid getting in trouble) \_\_\_\_\_
32. Can articulate several solutions to problems and explain the best one. \_\_\_\_\_
33. Enjoys the problem-solving component of school assignment or video games. \_\_\_\_\_

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Your child's executive skills weakness  
(lower score)

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Your child's executive skills strength  
(highest scores)

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