<table>
<thead>
<tr>
<th>Strategy</th>
<th>Executive Function Skill</th>
<th>Related Competencies, Facets, and I Statements</th>
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</thead>
</table>
| Zones of Regulation   | Emotional Control              | C - Connect and Engage with Others  
  □ I am an active listener; I support and encourage the person speaking.  
  T- Generating Ideas  
  □ I have deliberate strategies for quieting my conscious mind (e.g. walking away for a while, doing something relaxing, being deliberately playful so that I can be more creative.)  
  PS - Personal Strengths & Abilities  
  □ I can identify my individual characteristics.  
  PS - Self-Regulation  
  □ I can sometimes recognize emotions.  
  □ I can use strategies that help me manage my feelings and emotions.  
  □ I can persevere with challenging tasks.  
  PS - Well-Being  
  □ I can participate in activities that support my well-being and tell/show how they help me.  
  □ I can take some responsibility for my physical and emotional well-being.  
  □ I can use strategies to find peace in stressful times.  
  □ I can sustain a healthy and balanced lifestyle. |
| Zones of Regulation   | Inhibition                      |                                                                                                              |
| Zones of Regulation   | Flexibility/Shift              |                                                                                                              |
| Zones of Regulation   | Task Initiation                |                                                                                                              |
| Zones of Regulation   | Task Monitoring                |                                                                                                              |
| Zones of Regulation   |                                                                                                              |
### PS - Contributing to Community & Caring for the Environment
- With some support, I can be part of a group.
- I can identify how my actions and the actions of others affect my community and the natural environment and can work to make positive change.

### PS - Valuing Diversity
- With some direction, I can demonstrate respectful and inclusive behaviours.

### PS - Building Relationships
- With some support, I can be part of a group.
- I am kind to others, can work or play cooperatively, and can build relationships with people of my choosing.