



Professional Learning Module

Supporting Executive Functioning Skills in the Preschool Classroom

Glossary of Terms

1. **Cognitive Flexibility** - the capacity to easily switch gears, take another perspective, and adjust to changing demands.
2. **Developmentally Appropriate Practice** - methods that promote each child's optimal development and learning through a strengths-based, play-based approach to joyful, engaged learning.
3. **Executive Functions** - a set of cognitive abilities which underlie the capacity to perform important tasks such as, planning ahead and meeting goals, displaying self-control, following multi-step directions even when interrupted, and staying focused despite distractions.
4. **Inhibitory/Self-Control** - the ability to manage thoughts and impulses, set priorities, and resist impulsive actions or responses.
5. **Scaffolding** - a variety of instructional techniques used to move students progressively toward stronger understanding and, ultimately, greater independence in the learning process.
6. **Working Memory** - the capacity to store and apply information to everyday activities.