

**Based on the checklist of Dr. Adam J. Cox in his book  
No Mind Left Behind: Understanding and Fostering Executive Control – The Eight  
 Essential Brain Skills Every Child Needs To Thrive**

Compared to his peers, this child...

<b>1. Regulating Emotions</b>	<b>About average</b>	<b>Lags behind</b>
<b>a. able to shrug off or quickly recover from minor disappointments (Oh Well! Factor)</b>		
<b>b. Seldom overreacts to words or behavior of peers</b>		
<b>c. Able to use imagination, reason or logic to cope with adversity</b>		
<b>d. Emotions do not overwhelm reasoning skills or impair problem solving</b>		

<b>2. Self Awareness</b>		
<b>a. Picks up on important social cues, such as taking turns during play with peers</b>		
<b>b. Uses appropriate vocal volume in conversations</b>		
<b>c. Rarely “crosses over the line” of acceptable behavior</b>		
<b>d. Accurately attributes the reactions of others to his/her own behavior</b>		

<b>3. Sustaining Attention</b>		
<b>a. Can adequately block distractions when needed</b>		
<b>b. Can tolerate boring or repetitive activities</b>		
<b>c. Can read a book or listen to one being read</b>		
<b>d. Doesn't make you feel rushed to finish a conversation before s/he 'spaces out'</b>		
<b>e. Has patience to listen without interjecting or interrupting</b>		

<b>4. Flexible Thinking</b>		
<b>a. Can adjust to atypical behavior in a friend (“Justin’s grumpy because he’s sick”)</b>		
<b>b. Transition times rarely incite tantrums /excessive anxiety</b>		
<b>c. Can “go with the flow” and recover quickly – (the Oh Well ! Factor)</b>		