

GrowNOW Teacher Strategy Master Toolkit

Complete Practical Executive Function Strategies Across All Levels

Self-Regulation

Mindful Minute Start — *Self-Regulation, Self-Awareness*

Begin class with one minute of guided breathing or visualization.

Color-Coded Stress Signals — *Self-Regulation, Self-Awareness*

Students place a red/yellow/green card on their desk to show readiness.

Break Menu — *Self-Regulation, Self-Motivation*

Offer a menu of quick, quiet break options (stretch, water, doodle).

Self-Motivation

Personal Progress Trackers — *Self-Motivation, Self-Evaluation*

Students graph their own progress on goals over the week.

Choice Boards — *Self-Motivation, Self-Awareness*

Provide a board of assignment options to choose from.

Start with Success — *Self-Motivation, Self-Language*

Begin with a simple, achievable task to build momentum.

Self-Evaluation

Exit Tickets with Reflection — *Self-Evaluation, Self-Awareness*

Students answer: 'One thing I learned' and 'One question I still have'.

Checklist Self-Grading — *Self-Evaluation, Self-Language*

Provide a rubric/checklist for students to grade themselves before turning in work.

Peer Pair Review — *Self-Evaluation, Social EF*

Structured peer review with clear sentence starters.

Self-Language

Cue Cards for Steps — *Self-Language, Self-Awareness*

Students create index cards with process steps for frequent tasks.

Verbalized Planning — *Self-Language, Self-Motivation*

Pairs tell each other their plan before starting group work.

Encouragement Exchange — *Self-Language, Self-Regulation*

Partners trade encouraging phrases before tests or presentations.

Self-Awareness

Strengths & Struggles Chart — *Self-Awareness, Self-Motivation*

List two strengths and one area to work on before projects.

Mood Meter — *Self-Awareness, Self-Regulation*

Students mark their mood on a 4-quadrant chart daily.

Personal Triggers Journal — *Self-Awareness, Self-Regulation*

Keep a journal of situations that caused stress and coping attempts.

Social EF

Perspective Switch — *Social EF, Self-Language*

Retell a story from another character's viewpoint.

Team Planning Challenge — *Social EF, Self-Awareness*

Small groups plan an event together, focusing on roles and cooperation.

Video Clip Freeze Frame — *Social EF, Perspective-Taking*

Pause a scene and discuss what each character might be thinking.

High School - Self-Regulation

Two-Minute Mindfulness — *Self-Regulation, Self-Awareness*

Begin class with a quick breathing or grounding exercise to help students reset and focus.

Strategic Seating Choice — *Self-Regulation, Self-Motivation*

Offer flexible seating options for students to choose the best environment for focus.

Impulse Pause Routine — *Self-Regulation, Self-Evaluation*

Teach students to pause and count to three before responding in discussions or transitions.

High School - Self-Motivation

Student-Led Goal Setting — *Self-Motivation, Self-Awareness*

Have students set weekly academic and personal goals and track their progress.

Choice in Assignments — *Self-Motivation, Self-Evaluation*

Offer options for how to demonstrate learning (essay, video, project).

Motivation Mapping — *Self-Motivation, Self-Language*

Students identify personal motivators and link them to class objectives.

High School - Self-Evaluation

Weekly Reflection Journals — *Self-Evaluation, Self-Awareness*

Students write about what strategies helped or hindered their learning each week.

Rubric Self-Scoring — *Self-Evaluation, Self-Language*

Students grade themselves with the rubric before teacher grading.

End-of-Unit Review — *Self-Evaluation, Social EF*

Class discussion on what worked well and what could be improved for future units.

High School - Self-Language

Think-Aloud Peer Review — *Self-Language, Self-Motivation*

Students verbalize their reasoning during peer editing.

Verbal Planning Circles — *Self-Language, Self-Awareness*

Small groups discuss their project plans before starting.

Cue Phrase Training — *Self-Language, Self-Regulation*

Teach phrases like 'Stop and think' or 'What's my next step?' for self-prompting.

High School - Self-Awareness

Strengths Inventory — *Self-Awareness, Self-Motivation*

Students complete a strengths profile and reference it when challenged.

Stress Log — *Self-Awareness, Self-Regulation*

Students record stress triggers and evaluate coping success.

Role Model Analysis — *Self-Awareness, Perspective-Taking*

Study someone they admire and identify applicable traits.

High School - Social EF

Debate Role Rotation — *Social EF, Perspective-Taking*

Rotate sides in debates to understand opposing views.

Group Norm Contracts — *Social EF, Self-Awareness*

Teams create agreements for group work and review them weekly.

Social Scenario Analysis — *Social EF, Self-Language*

Discuss real-life situations and brainstorm responses.