

T.H.E. P.A.C.T.™ Curriculum Planning Tools



DIRECTIONS: Related to a topic of instruction: select vocabulary words; definitions for each vocabulary word; sentences using each vocabulary word in context; and related concepts each vocabulary word.

TOPIC OF INSTRUCTION: Executive Functioning Level 1

Vocabulary Word	Definition	Use in a Sentence	Related Concepts
EXAMPLE	EXAMPLE	EXAMPLE	EXAMPLE
thinking	Using your mind to produce thoughts	You can share what you are thinking in class.	Brain, mind, thoughts, opinion, facts, learn
executive functions	A set of brain-based skills that help you get things done	Executive functions help you with organization, planning, and prioritizing.	command center, organize, plan, remember, prioritize, pay attention, manage
brain	The control center for your body, which is located in your skull, and receives and sends messages to tell your body what to do	Your brain collects information, sorts it out, thinks, and remembers.	skull, think, move, solve problems, organize, plan, focus, messages
organization	Being able to bring order to information, such as key concepts or main ideas, or to your environment and keep track of things	It is important to have organization in your work area.	order, information, environment, keep track, efficient, systemizing, saves time, reduces stress
planning	Creating a roadmap to reach a goal or complete a task	It is important to select the key steps when planning your project.	roadmap, goal, task, strategies, projects, materials, steps, map, brainstorming

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thinking	Using your mind to produce thoughts	You can share what you are thinking in class.	Brain, mind, thoughts, opinion, facts, learn
prioritizing	Making decisions about what is important to focus on and what is not important	Prioritizing the parts of your project helps you focus on the most important things.	decisions, important, focus, "Have-To's", project, on time
sequence	The order in which things should be placed or completed	Sequence each step of your project.	order, first, next, last, numbers, complete, step, beginning, middle, end, organize
project	A planned out idea or work activity	It is easier to complete your project when it is organized.	planned idea, work activity, organized, sequence, steps, complete, job, deadline
main idea	The central idea of what something is about	One of the first steps in planning out your project is to identify the main idea.	central idea, point, determine, why important, project

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thinking	Using your mind to produce thoughts	You can share what you are thinking in class.	Brain, mind, thoughts, opinion, facts, learn
details	Additional information that explains the main idea	All the details of your project will be outlined in your checklist or timeline.	additional information, explain, step-by-step process, dates, materials, sequence, checklist, timeline, organize
initiating tasks	Taking action and getting started	You can improve initiating tasks to work on your project and become more independent.	action, get started, routines, habit, automatic, initiate, consistent, independent
monitoring tasks	Checking your performance during a task, or shortly after finishing a task, to make sure that your goal has been reached	You will check your own work and how you are doing by monitoring your tasks when working on your project.	check, performance, goal, rating system, work habit
monitoring your brain	Checking if your brain is feeling tired, energized, or focused	It is important to learn about monitoring your brain and if you need a brain break.	check, tired, energized, focused, mind, concentrate, rest, recharge, break

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thinking	Using your mind to produce thoughts	You can share what you are thinking in class.	Brain, mind, thoughts, opinion, facts, learn
time management	Using your time in the most effective and efficient way	Good time management skills help you hand your project in on time.	effective, efficient, timers, checklists, timelines, calendars, block of time
checklist	A reminder list of things that need to be done and marked off, one-by-one, when completed	You will check-off each item on your checklist as you complete it.	reminder, list, mark off, “to-Do” list, specific order
timeline	A listing of when important things or procedures are going to happen or have already happened	You will enter the date on your timeline of when you complete each step of your project.	listing, long bar, dates, events, chronological order, sequence, milestones, schedule
brain break	Simple mind and body activity that gives your brain energy	You can use brain breaks, like dance and movement, to refocus.	mind and body, energy, rest, recharge, physical activity, refocus, stimulate