

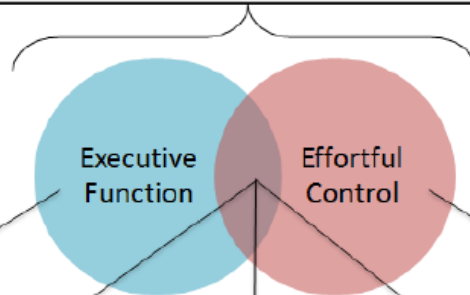
## Map of Executive Function and Regulation-Related Skills

**UMBRELLA SKILLS:** umbrella skills refer broadly to this area of development and may be used to refer to many diverse skills (simple and complex, emotion and cognitive, plus others not listed here)  
**Examples include: Self-Regulation, Self-Control**

**COMPLEX SKILLS:** complex skills integrate multiple simpler skills, from cognitive and/or emotion domains, and may involve additional knowledge and skills (such as the ability to recognize feelings)

Examples in **Cognitive** Domain:  
Planning, Problem Solving, Goal Setting

Examples in **Emotion** Domain:  
Persistence, Grit, Emotion Regulation



**MULTI-COMPONENT SKILLS:**  
EF and EC are similar but distinct constructs; both are comprised of multiple sub-components (simple skills below)

Working Memory

Attention Shifting (Flexibility)

Attention Control (Focus)

Inhibition

Wait / Delay

**SIMPLE SKILLS:** simple skills are foundational processes (or sub-components) that comprise EF, EC, and more complex self-regulatory behavior; skills in **blue** are primarily cognitive, skills in **red** involve emotions, and skills in **purple** are used in both cognitive and emotion-related tasks