



FAMILY

EXECUTIVE FUNCTIONING ESSENTIALS

For the Summer 



Cognitive Connections

Summer Intentions

My intentions
for break:

Self-Care Goal

What will you do for your
own well-being?

Unplug Goal

What will you unplug from
during break?

Outings Goal

Who would you like to
see or where would you
like to go?

List of activities:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

How I hope to feel
coming back to school:



Weekly Plan

Monday

Tuesday

Wednesday

Thursday

Friday

MORNING

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Weekend

Notes

Chore List

- ☐ Make my bed
- ☐ Do the dishes
- ☐ 20 mins of summer reading
- ☐ Take out the trash
- ☐ _____
- ☐ _____
- ☐ _____

DAILY REFLECTION QUESTIONS:

1. When is my summer reading and work planned?
2. How is my plan going? Do I need to re-plan?
3. How are my unplug, Self-care and outing goals? What can I add in my schedule?



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Summer Work

Summer is a great time for students to strengthen skills and prepare for the upcoming school year. To support your child's success, we encourage families to help students break down their summer assignments into manageable steps.

Start by discussing the final goal — what your child needs to have done by the end of summer. In the box below, your child can sketch or draw a picture of what the completed work looks like for each assignment (this could be a finished book, a completed packet, or a project).

Then, use the following monthly calendar pages to help your child break that goal into smaller, achievable steps. This will make the work feel less overwhelming and easier to manage week by week.

With your guidance, your child will build independence, time management skills, and a strong start to the new school year!

What will it look like when I am DONE?





JUNE 2025

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5



JULY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

AUGUST 2025

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

