

TASK ORIENTED MOVEMENT CHECKLIST

TO IMPROVE EXECUTIVE FUNCTION

Q: What is task oriented movement?

A: It is purposeful, goal oriented movement.

Q: How does task oriented movement improve executive function?

A: It helps with three core executive functions: self control (inhibitory), working memory, and cognitive flexibility. Cognitive flexibility develops after self control and working memory.

As you plan therapy, check that your activities meet the following criteria:

- ★ Purposeful movement towards a goal
- ★ A problem to be solved
- ★ A plan with multiple steps (helps with working memory)
- ★ A way to reflect and record—check it off! (See TOM Reflect and Record resource)
- ★ The activity can be varied for cognitive flexibility