



Building Blocks for Strong EFs



How would you rate your building blocks right now?

(Circle below: 0=poor, 5=great)

	0	5
Safety	●	● ● ● ● ●
Exercise	●	● ● ● ● ●
Connection	●	● ● ● ● ●
Fun	●	● ● ● ● ●
Joy	●	● ● ● ● ●
Calm	●	● ● ● ● ●
Sleep	●	● ● ● ● ●
Food	●	● ● ● ● ●

What have you noticed from your building block ratings to the left?



Which of your blocks do you feel need attention?

Do you have an idea as to why these may be low?

