

Hoe werkt de FOCUSKAART?

Print de focuskaart naar keuze op (wat dikker) papier uit en lamineer deze. Kinderen hebben de focuskaart als ondersteuning op hun tafel liggen. Deze bladwijzer zorgt voor een reminder, waardoor ze meer gefocust zijn op de EF waarin ze willen groeien en waarbij ze ondersteuning nodig hebben..

Diverse opties om de focuskaart in te zetten

Ondersteuning tijdens spel

Gebruik hiervoor de focuskaarten met tekst. De leerlingen omcirkelen met een whiteboardstift de executieve functie waaraan ze werken en vullen het kaartje in. Elke leerling werkt dus aan een eigen executieve functie.

Besteed als leerkracht aandacht aan wat ze gekozen hebben. Dit kan in een kringgesprek door elkaar te vertellen wat ze hebben ingevuld en hoe ze eraan gewerkt hebben. Ook kan dit d.m.v. een individueel gesprek. Vraag door tijdens dit gesprek.

Gebruik als gepersonaliseerde tipkaart

Het is fijn als een persoonlijke tip in het zicht van de leerling ligt, zodat de leerling regelmatig aan deze tip herinnerd wordt. De focuskaart zonder tekst erin zijn hiervoor zeer geschikt. De tip wordt in het lege vakje geschreven met een whiteboardstift en de bijbehorende executieve functie wordt omcirkeld. Op deze manier heeft de leerling altijd een reminder bij de hand. Natuurlijk ga je als leerkracht in gesprek met de leerling en krijgt de leerling feedback. Benoem wat je ziet en wat er goed gaat.

Ondersteuning voor de klas

Je kunt de focuskaart ook klassikaal inzetten. Kopieer hem op A3-formaat (lamineer voor hergebruik) en hang hem op een centrale, zichtbare plek. De executieve functie waaraan klassikaal gewerkt wordt, wordt omcirkeld. Een tip / aandachtspunt / doel wordt in het lege vak geschreven. Aan het eind van een les, activiteit of dag wordt er geëvalueerd hoe het gegaan is. Heeft de tip op de focuskaart gewerkt? Heb je het gestelde doel behaald? Kun je vertellen hoe dat bij jou gewerkt heeft? Hoe heeft dat invloed op de groep? Welke voordelen heeft het als de executieve functies beheerst wordt? Etc.



BEDANKT voor het downloaden van de 'Focuskaart Executieve functies'.

Inspireer elkaar, deel het gerust met iedereen in je netwerk.

Meer weten over executieve functies? Kijk eens op onze website, daar vind je de volgende producten (in de winkel):

- *Handreiking Executieve Functies*: uitgebreide en praktische informatie en tools per EF, zoals rubrics per EF, posters, tafelkaartjes, overzicht van spellen en activiteiten.
- *Download Bouwstenen voor het leven*: gesprekskaarten met prikkelende vragen en lessuggesties.
- *Download Executieve functies in overzicht (Excel-bestand)*: Je groep in één oogopslag in beeld op het gebied van executieve functies.

Ook geven wij teamtrainingen en professionalisering voor leerkrachten en ouders.

Interesse, vragen of direct bestellen? Kijk op www.iederzijntalent.com of neem contact met ons op via iederzijntalent@gmail.com

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'Executieve functies'



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Executieve functie:

Welk spel:

Wat ga ik doen om te groeien:



Executieve functie:

Welk spel:

Wat ga ik doen om te groeien:







A blue rounded rectangular frame containing a large white rounded rectangle on the left and a cluster of colorful hexagonal icons on the right. The icons include a person at a desk, a person with a calendar, a clock, a person writing, a person with a checklist, a person with a target, a person with a document, a person with a speech bubble, a person with a magnifying glass, a person with a pencil, a person with a ruler, a person with a scale, a person with a balance scale, a person with a scale of justice, a person with a scale of life, a person with a scale of nature, a person with a scale of art, a person with a scale of science, a person with a scale of technology, a person with a scale of communication, a person with a scale of leadership, a person with a scale of management, a person with a scale of organization, a person with a scale of strategy, a person with a scale of innovation, a person with a scale of creativity, a person with a scale of problem-solving, a person with a scale of decision-making, a person with a scale of risk-taking, a person with a scale of resilience, a person with a scale of adaptability, a person with a scale of flexibility, a person with a scale of openness, a person with a scale of curiosity, a person with a scale of learning, a person with a scale of growth, a person with a scale of achievement, a person with a scale of success, a person with a scale of happiness, a person with a scale of well-being, a person with a scale of health, a person with a scale of fitness, a person with a scale of nutrition, a person with a scale of sleep, a person with a scale of stress management, a person with a scale of mindfulness, a person with a scale of meditation, a person with a scale of yoga, a person with a scale of exercise, a person with a scale of relaxation, a person with a scale of self-care, a person with a scale of personal development, a person with a scale of career development, a person with a scale of financial management, a person with a scale of time management, a person with a scale of productivity, a person with a scale of efficiency, a person with a scale of effectiveness, a person with a scale of impact, a person with a scale of legacy, a person with a scale of contribution, a person with a scale of service, a person with a scale of leadership, a person with a scale of management, a person with a scale of organization, a person with a scale of strategy, a person with a scale of innovation, a person with a scale of creativity, a person with a scale of problem-solving, a person with a scale of decision-making, a person with a scale of risk-taking, a person with a scale of resilience, a person with a scale of adaptability, a person with a scale of flexibility, a person with a scale of openness, a person with a scale of curiosity, a person with a scale of learning, a person with a scale of growth, a person with a scale of achievement, a person with a scale of success, a person with a scale of happiness, a person with a scale of well-being, a person with a scale of health, a person with a scale of fitness, a person with a scale of nutrition, a person with a scale of sleep, a person with a scale of stress management, a person with a scale of mindfulness, a person with a scale of meditation, a person with a scale of yoga, a person with a scale of exercise, a person with a scale of relaxation, a person with a scale of self-care, a person with a scale of personal development, a person with a scale of career development, a person with a scale of financial management, a person with a scale of time management, a person with a scale of productivity, a person with a scale of efficiency, a person with a scale of effectiveness, a person with a scale of impact, a person with a scale of legacy, a person with a scale of contribution, a person with a scale of service.

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