

# APPS THROUGH THE DAY

to support  
Executive Function skills

## morning

Waking up can be tough, especially for teens. The [Alarmy](#) app makes sure they get out of bed!

[Visual Schedule Planner](#) app is great for school morning routines for younger kids



## during the school day

Track assignments, projects, and grades with [MyHomework](#) app and sync across devices

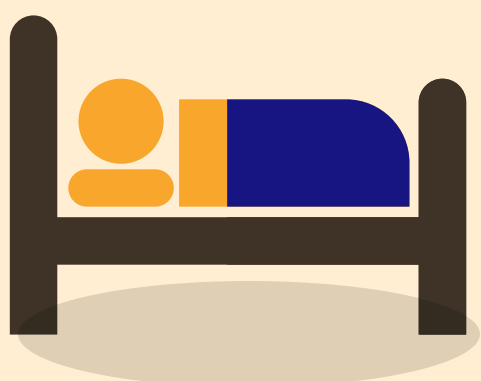
Record, highlight, and play back teacher and class discussions with [Audionotes](#)



## after school

Keep on track with the [30/30](#) app to help students self-monitor homework plans and time on task

Resist distractions with [Forest](#). This engaging app rewards focus with a growing tree image and gentle reminders



## before bedtime

Use [f.lux](#) to minimize sleep disruption from screen exposure. It automatically changes the light on your laptop as the sun sets

Try [HabitList](#) to build evening routines such as laying out clothes for the morning and putting homework in a backpack

## building good habits takes time

Executive Function coaches help students identify apps and strategies that help them become independent, confident learners