

Games to Enhance Executive Functioning



Family Game Night is “Family Brain Night!”

* *Games Amy likes*

Max-Executive functioning skills: Emotional control; planning and prioritizing; flexible thinking.

Animal Logic- Executive functioning skills: Planning and prioritizing; flexible thinking; organization.

No Stress Chess-Executive functioning skills: Planning and prioritizing; organization; task initiation; impulse control; flexible thinking.

* **Jenga**-Executive functioning skills: Self-monitoring; flexible thinking; impulse control.

* **Distraction**- Executive functioning skills: Working memory; flexible thinking.

Snake Oil-Executive functioning skills: Task initiation; flexible thinking; organization

Sequence- Executive functioning skills: planning and prioritizing; flexible thinking organization.

Quiddler-Executive functioning skills: Organization; flexible thinking; planning and prioritizing

Mind Trap- Executive functioning skills: Flexible thinking

* **Blokus**- Executive functioning skills: flexible thinking, Planning and prioritizing; organization

Dots and Boxes- Executive functioning skills: flexible thinking, Planning and prioritizing

Gobbler-Executive functioning skills: flexible thinking, Working memory

Out Foxed- Executive functioning skills: prioritization, planning, working memory, critical thinking,

Ticket To Ride- Executive functioning skills: spatial planning, long term strategy, and patience.

Race to the Treasure - Executive functioning skills: Spatial planning, working memory, inhibitory control, cognitive flexibility, prioritization,

Forbidden Island- Executive functioning skills: flexible thinking, strategic planning.

Codenames- Executive functioning skills: Spatial planning, working memory impulse control

***Rush Hour-** Executive functioning skills: Planning and prioritizing; task initiation; flexible thinking

Blue Plate scrabble- Executive functioning skills: Working memory cognitive flexibility

Sleeping Queens Executive functioning skills: Working memory cognitive flexibility

***Othello-** Executive functioning skills: Flexible thinking spatial planning, long term strategy

Dixit- Executive functioning skills: Flexible thinking spatial planning, long term strategy

Crocodile Dentist- Executive functioning skills: Planning and prioritizing; task initiation; impulse control; flexible thinking

Chutes and Ladders -Executive functioning skills: frustration tolerance, impulse control; flexible thinking

Clue- Executive functioning skills: Flexible thinking spatial planning, long term strategy Planning and prioritizing; organization

The Impulse Control Game- Executive functioning skills: frustration tolerance, impulse control; flexible thinking Planning and prioritizing; organization

Sudoku- Executive functioning skills: perseverance, working memory

Scrabble-. Executive functioning skills: flexible thinking, strategic planning, cognitive flexibility

***Rubik Race-** Executive functioning skills: flexible thinking, strategic planning, cognitive flexibility, prioritizing; organization

Rubik Flip- Executive functioning skills: flexible thinking, strategic planning, cognitive flexibility, prioritizing; organization

Chinese checkers- Executive functioning skills: Planning and prioritizing; task initiation; flexible thinking, problem solving

Mad Dragon- Executive functioning skills: Planning and prioritizing; organization; emotion regulation; impulse control; flexible thinking

Apples to Apples- Executive functioning skills: Planning and prioritizing; task initiation; flexible thinking, working memory, problem solving

Pictionary- Executive functioning skills: Planning and prioritizing; task initiation; flexible thinking, working memory, problem solving

Card games



Think Fun Swish- Executive functioning skills: flexible thinking, Planning and prioritizing; impulse control!

5 seconds- Executive functioning skills: problem solving organization; task initiation; impulse control; flexible thinking

Uno- Executive functioning skills: problem solving, organization impulse control; flexible thinking.

Memory- Executive functioning skills: problem solving organization; task initiation; impulse control; flexible thinking

***Spot it** Executive functioning skills: problem solving organization; task initiation; impulse control; flexible thinking

***Blink** Executive functioning skills: problem solving organization; task initiation; impulse control; flexible thinking

***Rubik battle** Executive functioning skills: problem solving organization; task initiation; impulse control; flexible thinking working memory.

***Color Slap** Executive functioning skills: problem solving organization; task initiation; impulse control; flexible thinking working memory.

***K-9 Capers-** Executive functioning skills: problem solving organization; task initiation; impulse control; flexible thinking working memory.

***Slamwich-** Executive functioning skills: problem solving organization; task initiation; impulse control; flexible thinking working memory

***Slap N Grab-** Executive functioning skills: problem solving organization; task initiation; impulse control; flexible thinking working memory

For the little ones age 6 and under

Guessing Games

20 Questions or **I Spy** teach kids how to think in categories (“I spy something green...”), and they need to use their working memory to keep track of all the criteria for the object they are trying to guess.

Simon Says

Simon Says is a classic game that teaches both inhibitory control and cognitive flexibility: “*I didn’t say ‘Simon says!!’*” Kids need to curb the impulse to respond to “jump up and down” when they hear the words without the requisite “Simon says.” For younger kids, you could play a game where you hold two stuffed animals, and they only do the actions that one of them tells them to do.

Songs with Movements and Repetition

Songs like “Going on a Bear Hunt” or even “The Itsy Bitsy Spider” give kids’ **working memory** a workout — they have to remember the order of the verses and the actions that go along with each section. They have to pay **attention** to what part of the song they’re singing, and may need to **inhibit impulses** to do the actions out of order.

Memory- Executive functioning skills: problem solving organization; task initiation; impulse control; flexible thinking

Memory Mix-Up- Executive functioning skills: problem solving organization; task initiation; impulse control; flexible thinking