

## Games to improve Executive Functioning Skills



### **Blurt**

Improves: Self-Control and Metacognition



### **Scrabble**

Improves: Planning and Organising



### **Pictionary**

Improves: Flexibility and Time Management



### **Distraction**

Improves: Working Memory and Attention



### **5 Second Rule**

Improves: Time Management and Task Initiation



### Freeze/Musical Statues

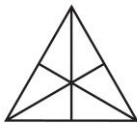
Improves: Self-Control and Attention



### Jenga

Improves: Control, Flexability and Planning

How many triangles



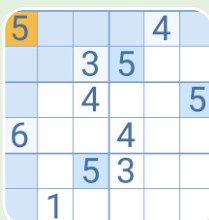
### Brainteasers

Improves: Perserverence and Flexability



### Chess

Improves: Planning, Flexability and Working Memory



### SODOKU

Improves: Perseverance and Working Memory