

## **GAMES FOR EXECUTIVE FUNCTIONS**

**The Adventures of Harley** – planning, flexibility, organization (cooperative game)

**AnimaLogic** – Planning, prioritizing, flexible thinking, organization

**Blurt**- self-regulation, metacognition

**Blokus** - concentration, spatial thinking, self-regulation

**Checkers** - Planning and prioritizing; organization; task initiation; impulse control; flexible thinking

**Chess** - Planning and prioritizing; organization; task initiation; impulse control; flexible thinking

**Diggity Dog** – planning, memory, “Zones”\*

**Distraction** – attention, working memory; flexible thinking, emotional regulation

**Don’t Break the Ice** – self regulation, planning

**Don’t Say It!** - self-regulation, focus, metacognition

**Eyes of the Jungle** – planning, flexibility, organization (cooperative game)

**Flash** - planning, time awareness, self-regulation

**Forbidden Island** – planning, strategy, and flexibility

**Gobbet** - encourages kids to employ strategic thinking and builds memory.

**Guess Who** – memory

**Jenga** - Self-monitoring; flexible thinking; impulse control

**MindTrap** - Flexible thinking

**Pengaloo** - memory and concentration game for younger kids

**Pictionary** – time management, flexible thinking

**Pixie Cubes** - memory, spatial reasoning, concentration

**Quiddler** - Organization; flexible thinking; planning and prioritizing

**Quoridor** – planning, problem-solving

**Rat A Tat Cat** - reinforce visual-spatial skills and working memory

**Rush Hour/Traffic Jam** – planning, future thinking, goal directed persistence

**Scatergories: The Card Game** - time awareness, concentration, flexible thinking

**Scrabble** – planning, organization

**Set** – shifting attention, sustained attention, working memory

**Snake Oil** - Task initiation; flexible thinking; organization

**Spot It!** – focus, self-regulation

**Swish** - spatial reasoning skills, concentration, impulse control!

**Suspend** - spatial reasoning, concentration, self-regulation, planning, future-thinking

**Taboo** – self-regulation, time awareness

**Ticket To Ride** - spatial planning, long term strategy, and self-regulation

**TriBond Junior** - flexible thinking and verbal organization

**Trouble** – planning, emotional regulation, “Zones”

**Twister** – self-regulation, planning, “Zones”

**Uno** – attention, flexibility, memory, “Zones”

\*Items tagged a “Zones” games are easily adapted to concepts in [The Zones of Regulation](#) by Lea Kuypers due to their color themes.