

## Executive Functioning Skill

Executive function skills are a set of mental skills that include working memory, flexible thinking, and self-control. These skills are used every day to learn, work and manage daily life. Trouble with executive function can make it hard to focus, follow directions and handle emotions, among other things.

Below are some fun games that are great fun played as a family but also develop executive functioning skills at the same time.

Games that involve strategy are great for learning self-control, planning and flexibility:

- Jenga
- Chess
- Draughts
- Battleships
- Rummy

Games that require working to a time limit with develop time management and organisation skills:

- Don't Panic
- Pictionary

Any games that require you to hold information in your head are great for developing working memory:

- Card games such as Happy families, Pairs, UNO.
- Crosswords
- Sudoku
- Songs and games such as 'I went to the shops and I bought..', 'Boom chica boom', 20 questions.
- Snap is great for developing a faster response to things.
- Physical games that require coordination are also great fun:
- Football
- Tennis or Badminton
- Obstacle course
- Aerobics