

GAMES TO IMPROVE EXECUTIVE FUNCTIONING SKILLS (4 TO 7 YEAR OLDS)

Did You Know? Executive functioning skills continue to develop throughout childhood to adulthood with practice!

Impulse Control

1. Freeze Dance - Play music child dances. Child freezes when music stops.
2. Simon Says - Add challenges like "Simon says touch your nose but don't touch your ears."

Emotional Control

1. "If you're angry and you know it" song - "If you're angry and you know it, take a breath... If you're frustrated and you know it, count to five..." Chance to act out coping strategies.

Flexible Thinking

1. Obstacle Courses - Adjust movements based on changing setups.
2. Uno - adapting to changes.
3. Chess - Adapt & persevere.

Working Memory

1. Matching Games - boosts visual memory and attention.
2. "I went to the market." - Players take turns adding items to a list, repeating previous ones.

Planning & Organisation

1. Scavenger Hunt - Follow steps and organise search strategies.
2. Building with blocks e.g. LEGO - following step-by-step instructions improves sequencing.

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Time Management

1. The Waiting Game - Give a small treat and say: "Wait until I say 'Go!' to eat it." Start with 5 seconds, then gradually increase to 30+ seconds. Praise for waiting!

Task Initiation


1. The Mystery Box - Put a fun item in a closed box. Say, "If you finish [task] in 5mins, we'll open the mystery box!"

Goal-Directed Persistence

1. Target Practice - Place a hoop or basket 2m away. Have the kids toss beanbags until they get 3 in a row. Gradually increase distance after success.

Self-Monitoring

1. "Oops! & Fix-it!" - Purposely make mistakes (eg. include a wrong or an extra stroke). Ask, "Do you see an Oops? Can you Fix it?" Celebrate when they spot the errors!

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