

EXECUTIVE FUNCTIONING EXERCISES

The goal with executive functioning exercises is to enhance cognition by having the person choose the appropriate response to given commands (following the rules & impulse control).

Areas of Focus

- Impulse Control
- Working Memory
- Cognitive/Mental Flexibility

Activities & Games

- Card Games & Board Games that require remembering, fast responses, strategizing and/or matching.
- Have the person name as many objects as they can in one minute starting with a certain letter (should be able to name at least 8 things)
- Physical Games
 - Anti-Saccades
 - Have the person keep their head still and turn their eyes towards the finger you are NOT wiggling.
 - Go-No-Go or Simon Says or Simon “Doesn’t” Say. Examples:
 - If you say jump to your right, the person should jump to their left.
 - Stand face to face with the person and use mirror hands. When you put one finger up, the person puts two fingers up and vice versa.
 - When you clap once, they clap twice or jump twice or tap their leg twice, etc. When you clap twice, they do the appropriate command once.
 - Ocean vs Mountains: one side of the room is the “ocean” and one side is the “mountains”. When you call out one, they run/jump to the opposite. (You can use animals, food, colors, etc to change things up).
 - You can also do the above games and they MUST follow the correct command (not the opposite)
 - Red Light, Green Light
 - Can do as cross crawl activity as well: when you say “red” they match their right leg & left arm. When “green” they match left leg & right arm. (can also use cues like “cat” vs “dog”, “apple” vs “banana”- let the child choose).
 - Mindfulness and movement, such as yoga and Tae Kwon