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

Gobblet - 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

Scateregories: 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.*