



## Executive Functioning: Games You Can Play

**Scrabble:** Planning, Organization and Patience (for blind clients they increase memory as well)

**Jack Straws:** Flexibility, Planning, Impulse Control

**Pictionary:** Planning, Time Management, Auditory Processing, Time Anxiety, and Spelling

**Chess:** Working Memory, Flexibility, Planning, Sustained Attention

**Freeze:** Self-Control and Attention

**Distraction:** Working Memory and Attention

**Jenga:** Flexibility, Impulse Control, Planning

**Sudoku:** Perseverance, Working Memory, and Math

**Card Game (Hand & Foot):** Flexibility, Visual Scanning, Team Work, and Sustained Attention

**Scattergories:** Memory, Time Awareness, and Speech Skills

So many table games are excellent skill builders, so have fun and realize your brain is getting a benefit at the same time. Stay smart and savvy!