


Canines, Cooking, and Other Creative Strategies for Kids:

Enhancing Executive Functions in an Interest-Based Brain



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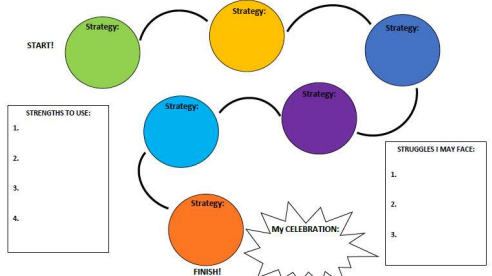
Personal Strengths: The KEY to **ACTIVATION**

CHARACTER STRENGTHS...Who I am	PERFORMANCE STRENGTHS...What I do well
<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> INTERESTS...What I LOVE to do </div>	
EXECUTIVE FUNCTION STRENGTHS...Brain power	PROCESSING STRENGTHS...How I think

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The Path to Progress

Sometimes it is hard to be patient on a trip. We want to be at our destination now! The same is true when we are taking steps to make changes or accomplish goals in our lives. We get an idea and we want the change to happen right away. Just like a trip, our journey to making a change is done one step at a time. Use The Path to Progress to help you map out how you will make changes happen or reach goals in your life. Just map out your STRATEGIES, identify potential STRUGGLES, and power yourself with your STRENGTHS. Then plan your CELEBRATION for when you reach your goal!



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Games for Executive Functions

- ▶ **The Adventures of Harley** - planning, flexibility, organization (cooperative game)
- ▶ **AnimalLogic** - 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
- ▶ **Diggy 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

*Items tagged a "Zones" games are easily adapted to concepts in The Zones of Regulation by Lea Kuypers due to their color themes.

Games for Executive Functions

- ▶ **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

Games for Executive Functions

- ▶ **Rat A Tat Cat** - reinforce visual-spatial skills and working memory
- ▶ **Rush Hour/Traffic Jam** - planning, future thinking, goal directed persistence
- ▶ **Scatergories: 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"

Children's Books for Executive Functions

Planning/Problem Solving/Decision Making

- ▶ Annie's Plan Jeanne Kraus
- ▶ The Book of Bad Ideas Laura Huliska-Beith
- ▶ Use Your head, Dear Alike

Attention/Focus/Distractions

- ▶ Big Anthony Tomie dePaola
- ▶ Bunny Business Nancy Poydar
- ▶ Lilly's Purple Plastic Purse Kevin Henkes
- ▶ Read to Tiger S.J. Fore
- ▶ Superflex Takes on Brain Eater Stephanie Madrigal/Michelle Garcia Winner
- ▶ This Morning Sam Went to Mars Nancy Carlson

Children's Books for Executive Functions

Working Memory

- ▶ Mr. Forgetful Roger Hargreaves

Organization/Time

- ▶ Get Organized Without Losing It Janet S. Fox
- ▶ Henry! You're Late Again! Mary Evanson Bleckwehl
- ▶ The PROcrastinator Julia Cook
- ▶ It Was Just Right Here! Bryan Smith

Children's Books for Executive Functions

Self Regulation/Flexible Thinking

- ▶ A Handful of Quiet: Happiness in Four Pebbles Thich Nhat Hanh
- ▶ The Busy Beaver Nicholas Oldland
- ▶ Decibella and her 6-Inch Voice Julia Cook
- ▶ Hands Are Not for Hitting Martine Agassi
- ▶ Hands Off, Harry! Rosemary Wells
- ▶ I Just Don't Like the Sound of No! Julia Cook
- ▶ Interrupting Chicken David Ezra Stein
- ▶ It's Hard to be A Verb Julia Cook
- ▶ It's Hard to be Five Jamie Lee Curtis/Laura Cornell
- ▶ Mindful Monkey, Happy Panda Laurie Alderfer
- ▶ Moody Cow Meditates Kerry Lee MacLean
- ▶ Mrs. Gorski, I think I have the Wiggle Fidgets Barbara Esham
- ▶ My Day Is Ruined! Bryan Smith

Children's Books for Executive Functions

Self-Regulation (continued)

- ▶ No Ordinary Apple: A Story about Eating Mindfully Sara Marlowe
- ▶ Of Course It's a Big Deal Bryan Smith
- ▶ Peaceful Piggy Meditation Kerry Lee MacLean
- ▶ Personal Space Camp Julia Cook
- ▶ Silence Lemniscates
- ▶ Squirmy Wormy: How I Learned to Help Myself Lynda Farrington Wilson
- ▶ Tails Are Not for Pulling Elizabeth Verdick
- ▶ Think Before You Act Regina G. Burch
- ▶ Tiger-Tiger, is it True? Byron Katie and Hans Wilhelm
- ▶ What Were You Thinking?: Learning to Control Your Impulses Bryan Smith
- ▶ Whole Body Listening Larry at School Elizabeth Sautter/Kristen Wilson
- ▶ Wiggle Doreen Cronin
- ▶ Words Are Not for Hurting Elizabeth Verdick
- ▶ The Worst Day of My Life Ever! Julia Cook
- ▶ Your Fantastic Elastic Brain JoAnn Deak

For full-size handouts, executive function cards, or complete presentation, contact:

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