

Family Game Night Can Build More Than Memories

Play is one of the best ways children strengthen executive functioning skills.

Focus



Staying engaged and paying attention

Planning



Thinking ahead and creating a strategy

Impulse Control



Waiting, pausing, and thinking before acting

Flexible Thinking



Adjusting when plans change

Emotional Regulation



Managing frustration after mistakes

Problem Solving



Evaluating options and making decisions

Dana's Favorite

EXECUTIVE FUNCTIONING GAMES

Game	Skills It Builds
Suspend	☒ Planning ☒ Impulse Control ☒ Focus
Color Royal	☒ Flexible Thinking ☒ Working Memory ☒ Emotional Regulation
Gator Grab Sports	☒ Planning ☒ Problem-Solving
Cobra Paw	☒ Processing Speed ☒ Emotional Regulation
Twisty	☒ Strategy ☒ Planning ☒ Working Memory

Remember

The magic isn't just in the game. It's in the connection you build while playing together. 🧡