



## Non Screen Games and Activities Emphasizing Executive Functioning While School Is Closed Due To COVID-19.

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The impact of COVID-19 has caused changes in daily routines and plans in an effort to stop the spread of the virus. One such change is the closing of schools resulting in online instruction for students. Teachers are tapping into their creativity to provide students with the instructional content and skills that would normally be provided in the classroom setting.

We would like to support parents with some games that enhance learning and address executive function skill training. **Some executive function skills addressed include: working memory, prioritizing, planning, organizing, sequencing, problem solving, attending, initiating, focusing, cognitive flexibility, shifting, self-regulation, communication.**

**[Executive Function Skills are Addressed in each of these Non-Screen Time Games and Activities...We are not endorsing or promoting any product listed below.](#)**

### Games and Activities Such As...

**“Telephone”** In this game one person whispers a short message to the person on their right. That person then whispers the same message to the person on their right side. This process continues until everyone has heard the message. The last person to receive the message then says the message out loud. The end message usually does not sound like the original. Children see how what they say can be lost in the repetition.

**Simon Says** A directive for an action is given and students must listen for the cue *Simon Says* before acting on the directive. If they act on a directive that does not include Simon Says, they become observers for the remainder of the game and will rejoin in the next round.

**Simon** An electronic game of memory skills. The game involves lights and sounds that children, when cued must complete, the exact sequence produced by the electronic device. Sequences become more involved as the game progresses.

**I Packed My Suitcase** A classic memory game that can be adapted for all ages. The first person thinks of a word beginning with the **letter A** and then says, for example, **“I packed my suitcase with an avocado.”** The next person

### **Play Music and Make Up A Dance Routine**

**Read A Story** After reading the story, complete one of the following activities: draw a picture that sequence what happened in the story, write a new ending to the story, act out a play about the story, etc.

Charades

Matching Items

### **Board Games Such As...**

Chutes and Ladders

Clue

Pay Day

Concentration

Trivial Pursuit for Kids (Junior, Family, Children editions)

Monopoly

Pictionary

### **Card Games Such As...**

Uno

Go Fish

Crazy 8s

War

Hearts

Rummy

Solitaire