

Boosting Young Minds

*Games for Executive Function &
Self-Regulation*



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Inette Bolden

2BoldSteps@gmail.com



Who is here today?

What is Executive Function?

- Working Memory
 - Cognitive/Mental Flexibility
 - Self-Control/Inhibitory Control

What is Self-Regulation?

- The conscious control of thoughts, behaviors, and emotions
- The ability to: stop...think...then act



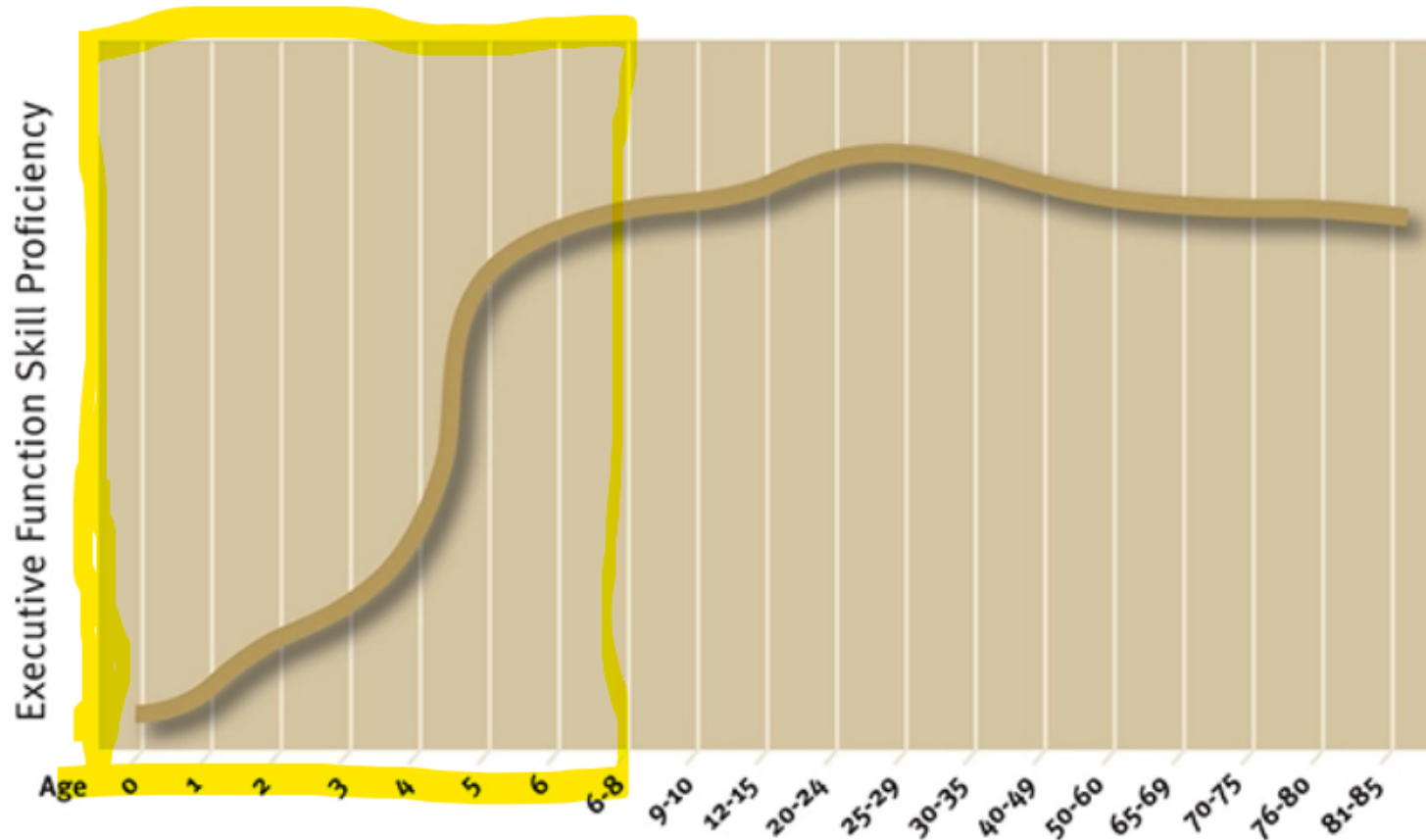
Why Should I Care?

- Building and maintaining relationships
- Paying attention
- Following directions
- Controlling impulses
- Academic and school success

Why Should I Care?

These skills are teachable

Executive Function Skills Build Into the Early Adult Years



Tests measuring different forms of executive function skills indicate that they begin to develop shortly after birth, with ages 3 to 5 a window of opportunity for dramatic growth in these skills. Development continues throughout adolescence and early adulthood.

How Does Playing Games Support?

- Memory
 - Mental Flexibility
 - Self-Control

Accommodations

Consider children who:

- Speak a different language
- Have differing abilities
- Have different temperaments
- Are being affected by other factors that day



Types of Accommodations

- Environmental
- Equipment
- Time factors
- Rules
- Communication
- Extra assistance
- Levels of participation

LET'S HAVE SOME FUN!!



Musical Simon Says

- Supports self-regulation and executive function by:
 - Paying attention to the cues
 - Working memory to remember corresponding action
 - Self-control to start and stop in response to cues

Musical Simon Says Reflection

- When would you play this game and with what ages?
- How can you extend or scaffold the game?
- How can the game be modified to support a child who...?

Number Hop

- Supports self-regulation and executive function by:
 - Paying attention
 - Remembering action
 - Requiring self-control to only do action the indicated number of times

Number Hop Reflection

- When would you play this game and with what ages?
- How can you extend or scaffold the game?
- How can the game be modified to support a child who...?

Cooperative Freeze

- Supports self-regulation and executive function by:
 - Paying attention to instructions
 - Remembering instructions as the game progresses
 - Requiring self-control: starting and stopping, finding a mat, while intentionally making space for others

Cooperative Freeze Reflection

- When would you play this game and with what ages?
- How can you extend or scaffold the game?
- How can the game be modified to support a child who...?

Red Light, Purple Light

- Supports self-regulation and executive function by:
 - Paying attention
 - Working memory
 - Requiring self-control



Red Light, Purple Light Reflection

- When would you play this game and with what ages?
- How can you extend or scaffold the game?
- How can the game be modified to support a child who...?

Source: (McClelland, 2016)

What Color is My Crown?

- Supports self-regulation and executive function by:
 - Working memory
 - Paying attention
 - Requiring self-control

Modified from: (National Afterschool Association)

What Color is My Crown? Reflection

- When would you play this game and with what ages?
- How can you extend or scaffold the game?
- How can the game be modified to support a child who...?

Roll of the Dice

- Supports self-regulation and executive function by:
 - Paying attention to the cues
 - Working memory to remember corresponding action
 - Requiring self-control to start and stop in response to cues

Roll of the Dice Reflection

- When would you play this game and with what ages?
- How can you extend or scaffold the game?
- How can the game be modified to support a child who...?

Colored Squares

School-age game

- Supports self-regulation and executive function by:
 - Requiring impulse control
 - Remembering rule
 - Requiring cognitive flexibility

Colored Squares Reflection

School-age game

- When would you play this game and with what ages?
- How can you extend or scaffold the game?
- How can the game be modified to support a child who...?

Rock, Paper, Scissors, Hop

School-age game

- Supports self-regulation and executive function by:
 - Requiring impulse control
 - Remembering rules
 - Requiring cognitive flexibility

Rock, Paper, Scissors, Hop Reflection

School-age game

- When would you play this game and with what ages?
- How can you extend or scaffold the game?
- How can the game be modified to support a child who...?

Ideas to Share with Families

→ ***Classic games that can be done at home with family members:***

→ Ring-A-Round the Rosy

→ Simon Says

→ Hopscotch

→ Mother May I

→ Board games

Other ideas?????

What's Your Take-Away?



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