



BOARD AND CARD GAMES TO IMPROVE EXECUTIVE SKILLS

GAMES	EXECUTIVE SKILLS USED/DEVELOPED							
	Impulse Control	Attention	Self-Monitoring	Flexible Thinking	Emotional Control	Working Memory	Planning & Organisation	Task Monitoring
Spot It	✓	✓		✓	✓	✓	✓	
Taco Cat Goat Cheese Pizza	✓	✓		✓	✓			
Blink	✓	✓						
Ligretto Dice	✓	✓		✓	✓			
Suspend	✓	✓	✓	✓	✓		✓	✓
KerPlunk	✓	✓					✓	✓
Trouble	✓		✓		✓			
Operation	✓	✓	✓					✓
Gold (memory game)		✓		✓		✓	✓	
Battleship		✓		✓	✓		✓	✓
Star Wars Jenga	✓	✓		✓	✓		✓	✓
Who am I?	✓	✓	✓	✓		✓	✓	✓
Guess Who?	✓	✓		✓	✓	✓	✓	✓
Charades			✓	✓	✓		✓	

This list is representative and not exhaustive – most card and board games will involve some executive skills. This list of games are ones we frequently use in the course of OT sessions to work on the abovementioned executive skills and hopefully serves as inspiration when thinking about the games you have at home...