
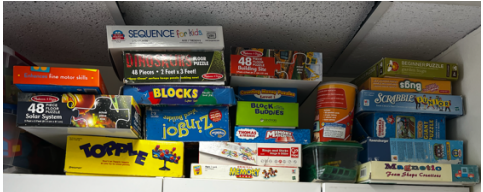




# Executive Functioning Activities

**Ages 4 - 12**

<p><b>Computer Games</b></p>	<p>Increasing reasoning skills and working memory demands through computer games</p>	
<p><b>Non-Computer Games</b></p>	<p>Improving reasoning and speed through playing games alone or with others</p>	
<p><b>Aerobic Exercise and Sports</b></p>	<p>Improves cognitive flexibility and creativity</p>	
<p><b>Martial Arts and Mindfulness Practices (Yoga)</b></p>	<p>Improves self-control, discipline, character development, self-monitoring and planning</p>	



## References

- Diamond, A., & Lee, K. (2011). Interventions shown to aid executive function development in children 4-12 years old. *Science*, 333(6045), 959-964. <https://doi.org/10.1126/science.1204529>
- Otero, T. M., Barker, L. A., & Naglieri, J. A. (2014). Executive function treatment and intervention in schools. *Applied Neuropsychology: Child*, 3(3), 205-214. <https://doi.org/10.1080/21622965.2014.897903>