Utilizing focus and self-control allows children to ultimately become goal directed, calling on Executive Functions.

Play games! Purposeful games can strengthen executive functions by using working memory to remember directions, attention to follow the words and movements of the leader, and inhibitory control to control movements. Try:

- "Simon Says, Do the Opposite"
- Freeze Tag *(ages 3 and up)*
- Red Light, Green Light *(ages 3 and up)*
- Hide and Seek *(ages 3 and up)*
- Memory or Matching games *(ages 3 and up)*
- Cranium Hullabaloo *(movement game for ages 4 and up)*
- Uno *(a card game for ages 5 and up)*
- Set *(a card game for ages 6 and up)*

Minimize the impact of stress by using mindfulness strategies.

- Breathing exercise: 5 Finger Breathing, Belly Breathing or Four Square Breathing
- Rainbow Walk: Find all the colors in the rainbow as you take a walk with your child.
- Gratitude List *(orally or in writing)*
- Mindful Coloring: Teach your child how to let thoughts and feelings go as they focus on breathing and on the colors in their artwork. Help them learn to stay in the moment.

Children learn focus and self-control by being active.

Share your reasons, come up with solutions together *(make some suggestions)*, and support your child through the challenge *(five reminders and hints from time to time).*