

Games/Toys that Can be Used in Executive Functioning/Cognitive Therapy

Games/Toys	Skills
Loaded Questions	Opinion, Perspective Taking
WhooNu	Perspective Taking, Flexible Thinking
Joe Name It	Processing Speed, Working Memory, Flexible Thinking
Would You Rather...	Perspective Taking, Flexible Thinking, Abstract Reasoning
Apples to Apples	Creative Thinking, Flexible Thinking, Problem Solving, Auditory Comprehension, Pragmatics
Stare	Visual Scanning, Figure Ground, Working Memory (visuospatial), Attention Skills
Illusions	Visual Scanning, Figure Ground, Working Memory (visuospatial), Flexible Thinking
SET Cards	Visual Scanning, Flexible Thinking, Impulse Control, Working Memory, Problem Solving, Planning, Attention Skills
Loonacy	Visual Scanning, Figure Ground, Memory, Working Memory, Flexible Thinking, Attention Skills
Moods	Emotion Recognition, Emotion Expression, Role Playing
Bananagrams, Scrabble	Working Memory, Flexible Thinking, Language Processing, Sequencing, Visual Spatial
Dragonwood, Dragonrealm	Flexible Thinking, Impulse Control, Planning
Mental Blox	Working Memory, Flexibility, Impulse Control, Attention Skills
Flux (and variations)	Flexible Thinking, Impulse Control, Working Memory
Block by Block	Visual Scanning, Flexible Thinking, Working Memory, Attention Skills
Pattern Play	Working Memory, Visual Spatial
Pentago	Planning, Strategic Thinking, Reasoning, Impulse Control, Flexible Thinking, Attention Skills
Pathwords	Flexible Thinking, Prioritization
Kulami	Planning, Strategic Thinking, Reasoning, Flexible Thinking, Attention Skills
Concept	Visual Scanning, Figure Ground, Memory, Working Memory, Flexible Thinking, Attention Skills
Logic Dots	Deductive Reasoning, Flexible Thinking, Attention Skills
Uno/Dos/Uno Flip/Uno Dare	Flexible Thinking, Impulse Control, Sequencing: this game can get "hotter" at times
On the Dot/On the Line	Visual Scanning, Figure Ground, Memory, Working Memory, Attention Skills
Man Bites Dog	Abstract Reasoning, Problem Solving, Language
Jenga/Totika	Planning, Strategic Thinking, Reasoning, Problem Solving, Attention, Sequencing, Visual Spatial, Self-Esteem, Life Skills
Chess	Planning, Strategic Thinking, Reasoning, Problem Solving, Visual Spatial, Sequencing, Attention Skills
Cataan	Planning, Strategic Thinking, Reasoning, Problem Solving, Flexibility, Impulse Control
Battlefleet, Battleship	Planning, Strategic Thinking, Reasoning, Problem Solving, Working Memory, Sequencing, Reasoning, Visual Spatial, Attention Skills
Exploding Kittens	Planning, Strategic Thinking, Reasoning, Problem Solving
Sushi Go	Planning, Strategic Thinking, Reasoning, Problem Solving
All Queens	Planning, Strategic Thinking, Reasoning, Problem Solving
Puzzles—3D	Visual Spatial, Goal Directed Persistence, Impulse Control
Shadows Over Camelot	Planning, Strategic Thinking, Cooperative
Pandemic	Planning, Strategic Thinking, Cooperative
Hanabi	Planning, Strategic Thinking, Cooperative
Anomia	Attention Skills, Impulse Control, Flexible Thinking, Language
Storymatic	Narrative, Flexible Thinking
Tell Tales	Narrative, Flexible Thinking
Cribbage	Divided Attention, Reasoning, Problem Solving
Skip-Bo	Divided Attention, Planning, Processing Speed, Working Memory, Sustained Attention
Tangrams, Tantrix	Visualization, Spatial Relations, Working Memory, Flexible Thinking
What's Your Shape	Visualization, Spatial Relations, Working Memory, Flexible Thinking
Rubik's Race	Planning, Reasoning, Visual Scanning: this game can get "hotter" at times
Kingdomino (and variants)	Planning, Strategic Thinking, Flexibility, Impulse Control
Double Ditto	Pragmatics, Social Competency, Perspective Taking, Flexible Thinking
Spot It, Emojinks, Snappy Dressers, Twin It, Eye N' Seek	Working Memory, Flexible Thinking, Visual Processing Skills, Figure Ground, Attention Skills, Reasoning
Blink	Flexible Thinking, Working Memory, Problem Solving, Impulse Control, Visual Scanning, Attention Skills
Scrimish	Working Memory, Strategic Thinking
Taco, Cat, Goat, Cheese, Pizza	Flexible Thinking, Impulse Control, Working Memory, Processing Speed, Visual Perception, Attention Skills
Snake Oil	Task Initiation, Flexible Thinking, Organization, Narrative
Catymini	Flexible Thinking, Impulse Control
Funkoverse Strategy Game	Flexible Thinking, Working Memory, Problem Solving, Visual Processing Skills, Strategic Thinking

Skills in bold are "hot" or "hotter" cognitive skills

Games/Toys	Skills
Cliko, Metaforms, Architecto, Tangramino	Visualization, Spatial Relations, Working Memory, Flexible Thinking, Attention Skills
Coggy	Planning, Strategic Thinking, Reasoning, Problem Solving
Tower of Hanoi	Flexible Thinking, Problem Solving
Visual Brainstorms	Flexible Thinking, Reasoning, Problem Solving, Attention Skills
Kanoodle	Flexible Thinking, Reasoning, Problem Solving
Quarto	Flexible Thinking, Reasoning, Problem Solving
Quoridor	Flexible Thinking, Reasoning, Problem Solving
Solitaire Chess	Flexible Thinking, Reasoning, Problem Solving
Rush Hour Traffic Jam	Flexible Thinking, Reasoning, Problem Solving, Planning
IZZl	Flexible Thinking, Visual Perceptual, Problem Solving
Korner'd	Visual Perceptual, Flexible Thinking
Pix Mix	Visual Perceptual, Working Memory (visuospatial), Flexible Thinking, Attention Skills
Telepathy, Telepathy Jr.	Logical thinking, Deductive Thinking, Flexible Thinking, Working Memory, Attention Skills
Mastermind	Logical thinking, Deductive Thinking, Flexible Thinking, Attention Skills, Working Memory, Sequencing, Visual Spatial
Orbis	Impulse Control, Flexible Thinking, Strategic Thinking
O'bitz	Visual Perceptual, Flexible Thinking, Attention Skills
Like Minds	Perspective Taking, Flexible Thinking
Pathagon	Flexible Thinking, Strategic Thinking, Planning
Abacan	Flexible Thinking, Strategic Thinking, Planning
CARDS	Attention Skills, Memory Skills
Code programming game Series	Logic, Problem Solving, Flexible Thinking, Working Memory, Attention Skills
Crankster	Planning, Strategic Thinking, Reasoning, Problem Solving
Cat Crimes	Logical thinking, Deductive Thinking, Flexible Thinking, Working Memory
Circuit Maze, Gravity Maze	Logical thinking, Deductive Thinking, Flexible Thinking, Impulse Control, Working Memory
Lazer Maze, Roller Coaster Challenge	Logical thinking, Deductive Thinking, Flexible Thinking, Impulse Control, Working Memory
Otrio	Logical Thinking, Flexible Thinking, Impulse Control, Attention Skills
5 Minute Dungeons	Flexible Thinking, Cooperative Play, Impulse Control, Emotion Regulation
5 Minute Marvel	Flexible Thinking, Cooperative Play, Impulse Control, Emotion Regulation
House of Danger	Cooperative Play, Reasoning, Problem Solving, Attention, Visual Spatial, Emotion Reg
Brainbox Math or Art	Working Memory, Attention, Visual Spatial
Aztack	Logical thinking, Deductive Thinking, Flexible Thinking, Impulse Control, Working Memory
Happy Atoms	Flexible Thinking, Working Memory
When I Dream	Logical Thinking, Deductive Thinking, Impulse Control, Flexible Thinking, Perspective Taking
Imagine (gamewright)	Flexible Thinking, Logical Thinking, Working Memory, Impulse Control
Brainspin	Flexible Thinking, Visual Spatial, Attention
Smallworld and expansions	Working Memory, Planning, Problem Solving, Strategic Thinking, Competitive Play
Munchkins and expansions	Working Memory, Planning, Problem Solving, Strategic Thinking, Competitive Play
Nefarious	Planning, Reasoning, Problem Solving, Competitive Play
Hexbug Battlebots	Planning, Problem Solving, Flexible Thinking, Impulse Control, Competitive Play
Zombie Dice	Impulse Control
Farkle	Impulse Control, Working Memory
Rock, Paper, Wizard	Impulse Control, Flexible Thinking, Working Memory
Tenzi	Processing Speed, Flexible Thinking, Working Memory
Tiki Topple	Logical Thinking, Flexible Thinking, Impulse Control
Codenames Pictures	Deductive Reasoning, Word Association/Language, Flexible Thinking, Cooperative Play
Cahoots	Deductive Reasoning, Flexible Thinking, Cooperative Play
Decrypto	Deductive Reasoning, Word Association/Language, Flexible Thinking, Cooperative Play
Spy Alley	Working Memory, Reasoning, Logical Thinking, Problem Solving
Constellations	Working Memory, Reasoning, Problem Solving
Sequence	Reasoning, Planning, Problem Solving, Flexibility
XTronaut	Planning, Reasoning
Quixx	Decision Making, Flexibility, Impulse Control
Discombobulation	Flexible Thinking, Impulse Control, Working Memory, Attention Skills, Auditory Processing
Ubongo	Spatial Reasoning, Flexibility, Processing Speed, Attention Skills, Working Memory, Emotion Regulation
Hungry, Hungry Hippos	Processing Speed, Attention Skills, Emotion Regulation
Don't Break the Ice	Flexible Thinking, Impulse Control
Magnetic Puzzle	Flexible Thinking, Working Memory, Creativity
Sparkle Kitty	Flexible Thinking, Visual Processing Skills, Working Memory
Yahtzee	Flexible Thinking, Visual Processing Skills, Processing Speed

Skills in bold are "hot" or "hotter" cognitive skills

Games/Toys	Skills
That's It: Just the Right Party Game	Flexible Thinking, Processing Speed, Categorical Thinking, Language Processing
Legos, K'nex, keva planks, etc.	Reasoning, Planning, Problem Solving, Sequential Processing
Instructables	Reasoning, Planning, Problem Solving, Sequential Processing
Nerf Cars	Planning, Flexible Thinking
Trash Pandas	Visual Discrimination, Probability, Impulse Control
Use Your Thinkball	Flexible Thinking, Language Processing, Working Memory, Problem Solving
Simon	Processing Speed, Selective Attention, Sustained Attention, Working Memory, Visual Spatial Processing
Flip Slide	Processing Speed, Selective Attention, Sustained Attention, Visual Spatial Processing
Ozo Bot	Planning, Working Memory, Flexible Thinking, Reasoning
Candy Chaser	Impulse Control, Flexible Thinking, Planning, Working Memory
Oversight, Connect 4, Brix	Strategic Thinking, Reasoning, Impulse Control, Flexible Thinking, Attention, Sequencing, Visual Spatial
Clubs	Working Memory, Reasoning
Ungame	Perspective Taking, Impulse Control, Flexible Thinking
Rory Story Cubes	Narrative, Flexible Thinking, Working Memory, Attention, Sequencing, Reasoning
Once Upon a Time Cards	Narrative, Flexible Thinking, Working Memory, Impulse Control
Superflex Superdecks	Flexible Thinking, Perspective Taking, Impulse Control, Working Memory
Broom Service	Perspective Taking , Strategic Thinking, Reasoning
Spaceteam	Cooperative Play, Pragmatics , Strategic Thinking, Flexibility
The Grizzled	Cooperative Play, Emotion Regulation, Impulse Control
Obstacles Board Game	Cooperative Play , Flexible Thinking, Strategic Thinking
Community Board Game	Cooperative Play , Strategic Thinking, Reasoning
Forbidden Island, Forbidden Sky	Cooperative Play , Flexible Thinking, Reasoning, Problem Solving
The Mind Card Game	Cooperative Play , Decision Making, Impulse Control, Synchrony, Emotion Recognition
Ravine	Cooperative Play , Decision Making, Flexible Thinking, Problem Solving, Strategic Thinking
Ultimate Werewolf (and variants)	Cooperative Play, Pragmatics , Strategic Thinking, Flexible Thinking
Oregon Trail	Cooperative Play, Pragmatics , Strategic Thinking, Flexible Thinking
Outfoxed	Cooperative Play, Pragmatics, Strategic Thinking, Flexible Thinking
The Game by Steffen Benndorf	Cooperative Play, Emotion Regulation , Flexible Thinking, Synchrony
Think 'N Sync	Cooperative Play, Pragmatics, Perspective Taking
The Grimwood	Strategic Thinking, Reasoning, Problem Solving, Working Memory, Impulse Control, Flexible Thinking
Dutch Blitz	Working Memory, Planning, Reasoning, Flexible Thinking
LCR Wild	Planning, Reasoning, Emotion Regulation
Dominoes	Planning, Flexible Thinking, Impulse Control, Attention, Sequencing, Visual Spatial
Phase 10	Planning, Flexible Thinking, Working Memory
Stick Up, Colorfox	Processing Speed, Visual Perception, Impulse Control, Working Memory, Flexible Thinking
Gyrating Hamsters Card Game	Working Memory, Flexible Thinking
Onitama	Strategic Thinking, Reasoning, Flexible Thinking, Impulse Control, Working Memory
Fantasy Wizard	Strategic Thinking, Reasoning, Flexible Thinking, Impulse Control
Dungeon Mayhem	Strategic Thinking, Reasoning, Flexible Thinking, Impulse Control
Play it Forward—Sneaky Cards	Emotion Recognition/Expression/Regulation, Flexible Thinking, Impulse Control
Distraction	Working Memory, Short Term Memory
Zigity	Flexible Thinking, Working Memory, Reasoning
Rational Thinking Card Game	Problem Solving, Working Memory, Reasoning
Suspend	Planning, Eye-Hand Coordination, Flexible Thinking, Impulse Control
Mancala	Planning, Problem Solving, Flexible Thinking, Attention, Sequencing, Visual Spatial, Reasoning
Rock 'em Sock 'em Robots	Impulse Control
Heads Up	Flexible Thinking, Reasoning
Checkers	Attention, Working Memory, Impulse Control, Flexible Thinking, Sequencing, Visual Spatial
Backseat Drawing	Problem Solving, Reasoning, Flexible Thinking
Operation	Impulse Control
Kamikaze Chess	Flexible Thinking, Working Memory, Reasoning, Attention, Sequencing, Visual Spatial
Domino Rally	Reasoning, Planning, Problem Solving, Sequential Processing
Superfight	Problem Solving, Flexible Thinking, Reasoning, Narrative, Perspective Taking
Proverbial Wisdom Junior	Abstract Language Skills, Flexible Thinking
Idiomaddict	Abstract Language Skills, Flexible Thinking
Ramen Fury	Flexible Thinking, Working Memory, Attention Skills
Ticket to Ride—New York	Flexible Thinking, Working Memory, Visual Processing Skills, Attention Skills

Skills in bold are "hot" or "hotter" cognitive skills

Games/Toys	Skills
Cat Stax/Dog Pile	Reasoning, Problem Solving, Visuospatial Skills, Flexible Thinking
Llamas Unleashed	Problem Solving, Reasoning, Flexible Thinking, Working Memory, Impulse Control
Qwirkle	Strategy, Visuospatial Thinking, Flexible Thinking, Working Memory, Impulse Control
# Sketchagrams	Flexible Thinking, Reasoning, Visuospatial Skills, Problem Solving
Unstable Unicorns	Problem Solving, Reasoning, Flexible Thinking, Working Memory, Impulse Control
Llama Drama	Working Memory, Impulse Control, Reasoning, Problem Solving, Strategic Thinking
Danger: The Game	Problem Solving, Reasoning, Flexible Thinking, Working Memory, Narrative, Perspective Taking
Silicon Valley Start Ups	Problem Solving, Flexible Thinking, Reasoning, Narrative, Perspective Taking
Kids Create Absurdity	Flexible Thinking, Humor, Reasoning, Perspective Taking
Poo the Card Game	Humor, Processing Speed, Response Speed, Working Memory, Problem Solving, Reasoning
Zangle	Mental Rotation, Flexible Thinking, Processing Speed, Visuospatial Skills, Working Memory, Problem Solving
Eyegamer	Working Memory, Visual Perceptual Skills
Carcassonne	Problem Solving, Reasoning, Flexible Thinking, Working Memory, Impulse Control, Visuospatial Skills
Teale Fristoe Trellis	Problem Solving, Reasoning, Flexible Thinking, Working Memory, Impulse Control, Visuospatial Skills
Eye see game	Problem Solving, Reasoning, Visuospatial Skills, Working Memory, Flexible Thinking
Bunco	Chance, Flexible Thinking
Dudo	Strategy, Working Memory, Flexible Thinking, Impulse Control
Five Crowns	Flexible Thinking, Strategy, Reasoning, Working Memory
Saboteur	Strategy, Reasoning, Problem Solving, Flexible Thinking, Working Memory
Gloom, Fairytale Gloom	Strategy, Reasoning, Problem Solving, Flexible Thinking, Working Memory, Humor, Visuospatial Skills
Visitor in Blackwood Grove	Strategic Thinking, Inductive Reasoning, Problem Solving, Flexible Thinking, Working Memory, Visuospatial Skills
Flash the Lightning Fast Dice Game	Visual Perceptual Skills, Decision Making, Working Memory, Processing Speed
Latice	Logic, Spatial Recognition, Planning, Nonverbal Interpersonal, Working Memory
Flanx	Planning, Flexible Thinking, Working Memory, Sequencing, Attention, Visual Spatial
Cobra Paw	Processing Speed, Reaction Time, Visual Attention, Flexible Thinking, Working Memory, Impulse Control, Emotion Regulation
Cabooses in the Corner	Strategy, Working Memory, Sequencing
Game of Trains	Strategy, Working Memory, Sequencing
Bears vs. Babies	Strategy, Working Memory, Flexible Thinking, Humor, Visual Spatial Skills, Attention Skills
Red 7	Strategy, Working Memory, Flexible Thinking, Impulse Control
Pit	Strategy, Working Memory, Flexible Thinking, Impulse Control, Processing Speed, Emotion Regulation
Arboretum	Strategy, Flexible Thinking
Second Chance	Strategy, Visuospatial Skills, Flexible Thinking, Working Memory
Monikers	Cooperative Play, Perspective Taking, Humor, Flexible Thinking
Chickapig	Reasoning, Problem Solving, Flexible Thinking, Humor
Squirrels Collect Nuts	Reasoning, Problem Solving, Strategic Thinking, Flexible Thinking
Scram	Working Memory, Strategic Thinking, Flexible Thinking
Nerf Guns	Impulse Control, Emotion Expression
Light Sabers	Impulse Control, Emotion Expression , Flexible Thinking
Art Supplies	Perspective Taking, Emotion Recognition, Emotion Expression, Emotion Regulation , Flexible Thinking, Impulse Control, Working Memory, Visualization, Visual Perception, Reasoning, Strategic Thinking, Planning, Problem Solving, Sequential Planning, Attention Skills
Drums	Synchrony, Emotion Expression , Impulse Control, Flexibility
Thumballs	Flexible Thinking, Emotion Expression, Emotion Regulation , Reasoning, Attention Skills
Basketballs/Basketball Hoop	Flexible Thinking, Impulse Control, Working Memory
Zoomball	Synchrony, Impulse Control
Table Top 3 in 1 Game Set	Visuospatial, Planning, Reasoning, Flexible Thinking, Working Memory
Table Top Ping Pong	Visuospatial, Planning, Impulse Control, Synchrony
Flingons	Flexible Thinking, Working Memory
Magnetic Dart Board	Flexible Thinking, Working Memory
Boxer Robot	Working Memory, Impulse Control, Flexible Thinking

Skills in bold are "hot" or "hotter" cognitive skills

Games/Toys	Skills
Chicken Time Warp	Flexible Thinking, Working Memory
Heir of Egypt	Working Memory, Processing Speed
Werewords	Flexible Thinking, Problem Solving, Strategic Thinking, Working Memory, Attention Skills
Why First	Flexible Thinking, Impulse Control, Working Memory, Emotion Regulation
Stomple	Flexible Thinking, Strategic Thinking, Planning, Visual Perception, Attention Skills
Labyrinth	Strategic Thinking, Planning, Flexible Thinking, Impulse Control, Attention Skills
Cardventures: Stowaway 52 and Jump Ship	Language Skills, Strategic Thinking, Flexible Thinking, Problem Solving
Dixit	Narrative/Storytelling, Visual Perception, Flexible Thinking, Language Skills
Quingo	Impulse Control, Working Memory, Flexibility
Bop-It	Attention Skills, Working Memory, Emotion Regulation
3 up and 3 down	Flexibility, Working Memory, Strategic Thinking, Visual Spatial Processing, Attention Skills
Brain Games Logic Cards	Flexible Thinking, Working Memory, Reasoning, Problem Solving, Visual Spatial Processing, Attention Skills
Trunk Works Story Time	Narrative/Storytelling, Flexible Thinking, Working Memory
Before There Were Stars...	Narrative/Storytelling, Flexible Thinking, Working Memory
Color Clash	Flexibility, Impulse Control, Processing Speed, Attention Skills
Color Addict	Flexibility, Impulse Control, Processing Speed, Attention Skills
Space Dash Card Game	Processing Speed, Sequencing, Working Memory, Flexible Thinking, Attention Skills
Matchstick Puzzles	Visual Spatial Reasoning, Working Memory, Flexible Thinking, Problem Solving, Attention Skills
Railroad Ink	Problem Solving, Flexible Thinking, Visual Spatial Reasoning, Attention Skills
221 B Baker Street	Reasoning, Problem Solving, Flexible Thinking, Working Memory
Lotus	Reasoning, Problem Solving, Flexible Thinking, Visuospatial
Indian Summer	Flexible Thinking, Working Memory, Reasoning, Problem Solving, Visual Spatial Processing, Attention Skills
Clue	Flexible Thinking, Working Memory, Deductive Reasoning, Problem Solving, Attention Skills
Einstein His Amazing Life and Incomparable Science	Flexible Thinking, Working Memory, Visuospatial Skills, Attention Skills, Problem Solving, Cooperative or Competitive Game
Virulence: An Infectious Card Game	Flexible Thinking, Working Memory, Attention Skills, Problem Solving
Peptide: A Protein Building Game	Flexible Thinking, Working Memory, Attention Skills, Problem Solving
Boss Monster: The Dungeon Building Game and Expansions	Flexible Thinking, Working Memory, Attention Skills, Problem Solving, Humor
Candyland	Attention Skills, Working Memory, Visuospatial Processing
Not Parent Approved	Flexible Thinking, Perspective Taking, Emotion Regulation , Humor
Medium a Mind-Reading Party Game	Flexible Thinking, Perspective Taking, Synchronicity , Working Memory, Impulse Control
Illusion	Visuospatial Skills, Working Memory, Impulse Control, Processing Speed, Flexible Thinking, Attention Skills
Silver & Gold	Processing Speed, Working Memory, Flexible Thinking, Strategic Thinking, Attention Skills
Qwinto	Processing Speed, Working Memory, Impulse Control, Flexible Thinking, Attention Skills
Clack! Game	Flexible Thinking, Working Memory, Visual Spatial Processing, Attention Skills
Déjà vu Game	Flexible Thinking, Working Memory, Visual Spatial Processing, Attention Skills
TopiCubes	Flexible Thinking, Working Memory, Visual Spatial Processing, Attention Skills, Language
Galactiquest	Strategic Thinking, Working Memory, Attention Skills
Lantern Dice	Strategic Thinking, Working Memory, Visual Processing Skills, Attention Skills
Escape Room Games	Deductive Thinking, Flexible Thinking, Impulse Control, Emotion Reg , Working Memory

Escape Room Games

- Unlock!
 - A Nosome Story- 1 Star
 - The House on the Hill-1 Star
 - The Formula-2 Stars
 - Squeak and Sausage-2 Stars
 - The Nautilus' Traps-2 Stars
 - The Tonipal's Treasure-3 Stars
 - The Adventures of Oz-3 Stars
 - Tombstone Express-2 Stars
 - The Night of the Boogeymen--1 Star
 - Scheherazade's Last Tale-2 Stars

- Expedition Challenger-3 Stars
- Heroic Adventures: Insert Coin-1 Star; In Pursuit of the White Rabbit-2 Stars; Sherlock Holmes—The Scarlet Thread of Murder-3 Stars
- House of Danger
- The Escape Game Unlocked
 - The Heist
- Escape the Room: Secret of Dr. Gravely's Retreat
- Cardventures
 - Stowaway 52
 - Jump Ship
- Dr. Esker's Notebook
- Adventure Games: Monochrome Inc.
- Adventure Games: The Dungeon

Skills in bold are "hot" or "hotter" cognitive skills

Games/Toys	Skills
Body Talk	Flexible Thinking, Pragmatics, Emotion Expression, Perspective Taking
Let's Talk About...The Gift of ADHD	Emotion Recognition/Expression/Regulation , Flexible Thinking, Impulse Control, Working Memory
Empowering Questions	Flexible Thinking, Emotion Expression
You Know: A Game About Communication, Confidence, Reflection, and Self-Esteem	Flexible Thinking, Pragmatics, Social Competency, Perspective Taking , Metacognition
Describe: Perspective Exploration	Perspective Taking, Pragmatics, Social Competency, Values/Character Exploration, Self-Esteem
Art of Conversation Cards	Pragmatics, Social Competency, Perspective Taking
52 Essential Conversations, 52 Relationships	Pragmatics, Social Competency, Perspective Taking
Mad Dragons	Emotion Recognition, Emotion Expression, Anger Management
Ryuu Card Game	Emotion Recognition, Emotion Expression, Emotion Regulation
Should I or Shouldn't I	Perspective Taking, Flexible Thinking, Abstract Reasoning
Emotes Rescue Quest	Emotion Recognition, Emotion Expression, Emotion Regulation
Kimochis	Emotion Expression, Emotion Recognition, Emotion Regulation
Emotes	Emotion Expression, Emotion Recognition, Emotion Regulation
Feeling Buddies	Emotion Expression, Emotion Recognition, Emotion Regulation
Mixed Emotions	Emotion Expression, Emotion Recognition, Emotion Regulation, Narrative
Insight Story Cards	Emotion Expression, Emotion Recognition, Emotion Regulation, Narrative
60 Sec.: What's Your Story	Emotion Expression, Emotion Recognition, Emotion Regulation, Narrative
Jim Borgman Feelings Playing Cards	Emotion Expression, Emotion Recognition
Feelmo, Thoughts and Feelings Speaking Cards	Emotion Recognition, Emotion Expression, Emotion Regulation, Flexible Thinking, Impulse Control
the mood cards—basic and deep emotions	Emotion Recognition, Emotion Expression, Emotion Regulation, Flexible Thinking, Impulse Control
A Therapeutic Treasure Deck of Sentence Completion and Feelings Cards	Emotion Recognition, Emotion Expression, Emotion Regulation, Flexible Thinking, Impulse Control
A Therapeutic Treasure Deck of Grounding, Soothing, Coping, and Regulating Cards	Emotion Regulation, Flexible Thinking, Impulse Control
Acting Out: 60 Amazing Role Play Cards	Perspective Taking, Emotion Recognition, Emotion Expression, Emotion Regulation, Flexible Thinking, Abstract Reasoning, Social Competency, Values/Character Exploration, Self-Esteem
Letz Talk Teen Starter and Question Cards	Language Skills, Pragmatics, Self-Esteem, Flexible Thinking, Social Competency
She Said What About Me? Card Game	Language Skills, Pragmatics, Self-Esteem, Flexible Thinking, Social Competency
Girl Games: Five Fun Card Games for Girls that Teach Important Social Skills	Perspective Taking, Emotion Recognition, Emotion Expression, Emotion Regulation , Flexible Thinking, Impulse Control, Working Memory, Visualization
Bright Spots Therapeutic Fun: Thoughts and Feelings	Emotion Regulation, Flexible Thinking, Working Memory
The Mindfulness Therapy Game: Train Your Brain to Be Here Now	Emotion Regulation, Flexible Thinking, Impulse Control
In-Synch Activity Cards	Emotion Regulation , Flexible Thinking, Impulse Control
Hoberman Sphere	Emotion Regulation
Self-Calming Cards	Emotion Regulation , Flexible Thinking, Impulse Control
Strong Suit: The Tower of Self Esteem	Emotion Regulation , Flexible Thinking, Creative Thinking, Self-Esteem, Cooperation and Teambuilding
Chill Chat Challenge	Emotion Regulation, Emotion Expression, Flexible Thinking, Communication
Teen Talk	Emotion Recognition, Emotion Expression, Emotion Regulation, Flexible Thinking, Impulse Control, Perspective Taking, Opinion
Chat Pack	Opinion, Working Memory, Flexible Thinking
Table Topics	Perspective Taking, Emotion Expression , Flexible Thinking, Working Memory
Holstee Reflection Cards	Perspective Taking, Emotion Expression , Flexible Thinking, Working Memory
Famous Failures	Perspective Taking, Emotion Expression , Flexible Thinking, Working Memory
Self-Reflection Wellness Reproductions	Emotion Recognition, Emotion Expression, Emotion Regulation, Flexible Thinking, Impulse Control, Perspective Taking, Opinion
How do you see the world?, Why Can't We All Just Get Along?	Emotion Recognition, Emotion Expression, Emotion Regulation, Flexible Thinking, Impulse Control, Perspective Taking, Opinion
Trading Faces	Emotion Recognition

Skills in bold are "hot" or "hotter" cognitive skills

Games/Toys	Skills
Kids Grok the World	Emotion Recognition, Emotion Expression, Emotion Regulation
Feelings, Needs Cards Grok the World	Emotion Recognition, Emotion Expression, Emotion Regulation
Kic Start: Kids in Conversation	Pragmatics, Social Competency, Perspective Taking
Kinetic Sand	Flexible Thinking
Sandtray Play/Miniatures	Perspective Taking, Emotion Recognition, Emotion Expression, Emotion Regulation, Flexible Thinking, Impulse Control, Working Memory, Visualization
Puppets	Perspective Taking, Emotion Recognition, Emotion Expression, Emotion Regulation, Flexible Thinking, Impulse Control, Working Memory, Visualization
Stuffed Animals	Perspective Taking, Emotion Recognition, Emotion Expression, Emotion Regulation, Flexible Thinking, Impulse Control, Working Memory, Visualization

Skills in bold are "hot" or "hotter" cognitive skills