

Cognitive Games & Activity Ideas

Book Club

Find some books you can get lost in. If there are several books by the same author, so much the better.

As you read, keep journals about the book. Think about how a character is like/not like you? Is the character like another person the author has written about? What does the author do "writing-wise" to get you involved - particularly good dialog, a great plot twist, neat description? Having difficulty remembering character's names or details? Try writing them down on a piece of paper and using that as your bookmark for quick reference.

Puzzles:

Find pictures or scenes that interest you and place with good lighting you can set it up and sit comfortably. There are many options for puzzles out there varying in size, colors and even materials (acrylic, wood, etc.)!

New Hobby:

- Sewing
- Needlepoint or embroidery
- Crochet or knitting
- Photography
- Doodling or drawing
- Gardening
- Cooking or baking
- Scrapbooking
- Dancing
- Origami
- Learn to play an instrument
- Pottery
- Calligraphy
- Birdwatching
- Woodworking or whittling
- Journal, write, blog
- Tutoring
- Rock painting
- Meditation or yoga
- Dog walking
- Bowling
- Learn a new language
- Zumba
- Legos
- Flower pressing
- Canning

Apps:

- Lumosity
- Fit Brains Trainer
- CogniFit Brain Fitness
- Elevate
- Peak
- Cognito
- TriviaCrack
- Wordscapes
- Constant Therapy
- Advanced Naming Therapy

Other fun ideas...

- Cranium
- Cadoo
- Boggle
- Scrabble
- Word Scrambles
- Chinese Checkers
- Crossword puzzles
- Word Searches
- Sudoku
- 20 questions
- Pictionary or Telestrations
- Scattergories
- Trivial Pursuit
- Sequence
- Solitaire
- Cards (e.g. spades, hearts, Golf)
- Dominoes
- Blokus
- Dominos
- Uno
- Mad Libs
- Bananagrams
- Yatzee
- Catch Phrase
- Taboo
- Code Names
- Azul
- Wingspan
- Logic Links or Logic Dots
- Cribbage
- Blank Slate
- Set
- Mancala
- Mastermind

Any of these games are fun for the entire family and address skills that we would work on in therapy. You can simplify the games by working with partners or taking away time challenges. You can make the games more challenging by playing against each other with time limits.

Please remember that we ALL learn better when we are having fun. These suggestions are a good place to start but there is no limit but your own imagination.