Rule Switch Challenge

TOPIC: Executive functioning. Working memory, attention,flexible thinking, self-control

AGE: About 5 to 12

SETTING: Family or classroom

Executive function skills grow through interaction and practice. This game practices switching rules on the fly.

1 Play the Rounds

Round 1

- RED — Clap
- BLUE — Stomp
- GREEN — Do nothing

Round 2 SWITCH!

- RED — Stomp
- BLUE — Freeze
- GREEN — Clap twice

Round 3: Sequences

RED → BLUE → GREEN

Call a string of colors. Do each move in order, using the Round 2 rules.

Thechallenge:rememberthe new rules while holding back the old ones.

2 Level It Up

Ages 5 to 7

Colors + movements

Try: red = hop, blue = spin, green = sit down.

Ages 8 to 10

Numbers + categories

Try: even number = jump, odd number = touch your head, any animal = flap your arms.

Ages 11 to 12

Conflicts, patterns, time

Try: do the opposite of what I say. Then run 10 calls in 30 seconds.

Classroom option

Let students invent the next set of rules. Creating and explaining rules adds planning, leadership, and communication.

Reflect: not just who won

- What made your brain work hard?
- Did the old rule ever pop into your head?
- What helped you remember?
- What did you do after making a mistake?

Inspired by: Center on the Developing Child at Harvard University. (2014). *Enhancing and practicing executive function skills with children from infancy to adolescence*. https://developingchild.harvard.edu/resources/handouts-tools/activities-guide-enhancing-and-practicing-executive-function-skills/

OH FAMILY™
Ohfamilyinc.org