



Cognitive skill training, or brain training, targets and strengthens weak cognitive skills through mental exercises performed one on one with your personal brain trainer. Cognitive skills work together like cogs in a machine to move incoming information into our learned knowledge bank. Just one weak cognitive skill can make it difficult for the brain to grasp and retain information, regardless of how many times that information is taught or explained by a teacher, tutor, or parent.

1 . **Logic Links** - My favorite game to work on reading

comprehension and to teach problem solving skills! (Pro Tip: repeat the same ones until your child can read it and complete it correctly on their own!)

- Logic and Reasoning
- Planning
- Problem Solving
- Sensory Motor Integration
- Visual Processing

2 . **Bananagrams** - Your child will need some word knowledge to play. (Pro Tip: Set a timer for 5 to 10 minutes, and work together to

see how many words and anagrams you can make. Track how many words your child makes in the same amount of time in order to see their growth!)

- Auditory Processing
- Divided Attention
- Executive Processing
- Logic and Reasoning
- Planning
- Processing Speed
- Problem Solving
- Sequential Processing
- Short-Term Memory
- Sustained Attention
- Word Attack

3. Where's Waldo (Pro Tip: for extra challenge, use the lists in the back of the book! Kids need to use flexible thinking and higher levels of comprehension skills!)

- Divided Attention
- Selective Attention
- Visual Processing

4. Puzzles - ANY puzzles! Start easy to build confidence and then increase the difficulty of the puzzles. Encourage your child to be strategic - find and build the edges first, then group similar pieces/chunks together. (Pro Tip: There's nothing wrong with re-doing puzzles multiple times! The goal is for your child to get to the point where they can build the puzzle independently.)

- Deductive Reasoning
- Inductive Reasoning
- Planning
- Problem Solving
- Short-Term Memory
- Visual Processing

- Working Memory

5. Legos - Work together to follow instructions and build a structure from instructions. (Pro Tip: do the same one until your child can do it confidently and correctly on their own!)

- Deductive Reasoning
- Executive Processing
- Planning
- Problem Solving
- Sequential Processing

We're here to support you and your child through their learning journey. If your child struggles with cognitive skills, we can help. To find out if Brain Training is right for your child, give us a call or take our online quiz.