



Games & Activities for Children

Board & Card Games



Games played with other people help children develop both academic and social skills. Focus on having fun and learning new things rather than on winning or losing (although it is also good to practice being both a good winner and a good loser). Strategy games like checkers or chess help children learn how to adjust and respond to a variety of outcomes.

Physical Activities & Games



Organized sports become very popular for many children during this period. Many schools and community organizations offer activities that allow children to participate in team sports like soccer or basketball and other activities like swimming lessons. Games like soccer that require coordination and provide exercise have been shown to help support better attention skills!



There are several enjoyable activities that can be played informally in any safe, outdoor space such as frisbee, jumping rope, and hiding/tag games. Encourage children to make up their own games, too!

Music, Singing & Dance



Learning to play a musical instrument, singing, or participating in music classes or musical community events are great ways to challenge children both physically and mentally. This activity challenges working memory to hold the music in mind. There is some evidence that the practice of two-handed coordination supports better executive function skills.



Coordinating movement to music is another great physical challenge that also helps children develop attention and memory. Dancers must hold choreography in mind while coordinating their movements with the music.

Brain Teasers



Puzzles can be great challenges for children. Try crossword puzzles, Sudoku puzzles, word finds, mazes, or a Rubik's cube. You can also check out your local library; many have puzzles that you can borrow and take home!