
Cognitive Flexibility

Learning to shift gears can be a challenging task for clients with weaknesses in attention and inhibition. This quick activity is to help children practice listening to directions, work accurately and be flexible when directions change. This activity can be used within a session or as a homework assignment. You or the parent will need two copies of the client page. For the first round, you or the caregiver should read the first set of directions stated below. Record the time it takes to complete the first round. During the second round, the directions will change, forcing the client to be more flexible in their thinking. Record the time it takes to complete this round. After the rounds are complete, review the time and accuracy with the client. Which task was easier for the client? How did it feel when the client was asked to complete the task in a different way? Did they use any strategies to help them when the directions were changed?

First Round: For each circle, draw a circle inside of the circle. For each square, draw a square inside the square. For each triangle draw a triangle inside of it. For each plus sign draw a plus sign inside of it.

Second Round: For each circle, draw a square inside of the circle. For each square, draw a circle inside. For each triangle, draw a plus sign inside, and for each plus sign, draw a triangle inside.

Cognitive Flexibility

Time the child to see how fast they can complete the exercise.

