

Brain Builder Games: Executive Function Skills

Paying attention • Using memory • Controlling behavior

Unit 1: Skills for Learning

Weeks 1–6

Listening • Focusing attention • Using self-talk
Being assertive

Unit 2: Empathy

Weeks 7–12

Identifying one's own and others' feelings
Taking others' perspectives
Showing care and concern for others

Unit 3: Emotion Management

Weeks 13–18

Understanding strong feelings
Identifying one's own strong feelings
Calming down strong feelings

Unit 4: Friendship Skills and Problem Solving

Weeks 19–25

Making and keeping friends
Calming down and using problem-solving steps

Unit 5: Transitioning to Kindergarten

Weeks 26–28

Reviewing program skills and concepts
Thinking about how skills and concepts
will help in kindergarten



WEEKLY THEMES

- Week 1: Welcoming
- Week 2: Listening
- Week 3: Focusing Attention
- Week 4: Self-Talk
- Week 5: Following Directions
- Week 6: Asking for What You Need or Want
- Week 7: Identifying Feelings (Happy, sad)
- Week 8: More Feelings (Surprised, scared)
- Week 9: Identifying Anger
- Week 10: Same or Different Feelings
- Week 11: Accidents
- Week 12: Caring and Helping
- Week 13: We Feel Feelings in Our Bodies (Worried)
- Week 14: Strong Feelings (Frustrated)
- Week 15: Naming Feelings
- Week 16: Managing Disappointment
- Week 17: Managing Anger
- Week 18: Managing Waiting
- Week 19: Fair Ways to Play (Play together, trade, take turns)
- Week 20: Having Fun with Friends
- Week 21: Inviting to Play
- Week 22: Joining In with Play
- Week 23: Saying the Problem
- Week 24: Thinking of Solutions
- Week 25: Speaking up Assertively
- Week 26: Learning in Kindergarten
- Week 27: Riding the Kindergarten Bus
- Week 28: Making New Friends