

WAYS TO INCREASE COGNITIVE FLEXIBILITY

Change the order of a routine behavior

Sit in a different place at mealtimes/at home

Switch up one type of food you regularly eat. Try a new type of food!

Use your non-dominant hand for different tasks

Leave out one detail when you're telling a story

Skip an episode of the TV show you're watching or fast forward a few minutes

Skip a chapter or even just a paragraph in the book you're reading

Leave something unfinished and come back to it later

Play Bananagrams or Quirkle

Do a word search