

Videos on Cognitive Flexibility for Parents and Kids

Cognitive Flexibility is a thinking skill that centers on a person's ability to be adaptable, improvise, and shift approaches to meet different challenges. There are lots of videos available that educate parents and children about improving cognitive flexibility. Take a look at the links we have included below and be sure to pay attention to which videos are designed for children, teenagers, and adults.



Our team of neuropsychologists, school psychologists, and psychology students at South County Child and Family Consultants are committed to searching the Internet and beyond to find reputable, informative, and practical tools to help parents, children, and teens improve their Cognitive Flexibility. We look for the best information online to help kids diagnosed with ADHD, Learning Disabilities, Executive Functioning Difficulties, struggles with Social Emotional Learning (SEL) skills, Autism, Depression, and Anxiety and provide you with information about how neuropsychological evaluations can help target concerns with Cognitive Flexibility. Come back regularly, as the links are updated frequently.

For All Ages

[What is Executive Functioning?](#)

A video that explains what executive functioning is as well as its three main components; working memory, inhibitory control,

and cognitive flexibility. Check out this video to learn about your executive functioning skills! *This video is recommended for all ages.*

[What is Cognitive Flexibility?](#)

This video gives an overview of cognitive flexibility. Watch this video to learn about cognitive flexibility and why it is so important. *This video is recommended for all ages.*

[Growth Mindset](#)

This video is perfect to watch with your children! [Class Dojo](#) created a YouTube series for children and their families which explores cognitive flexibility and growth mindsets. *This video is recommended for all ages.*

For Kids and Teens

[Plan, Practice, Improvise – Understanding the Three Types of Play in Games](#)

This is a video that talks about the benefits of playing video games. When used in moderation, video games can improve our ability to plan, use flexible thinking, and focus! *This video is recommended for children and teenagers.*

[Puzzle Games](#)

This video talks about the benefits of puzzle games. You will learn how they improve our planning, flexibility, focus, and time management skills all while having fun! Additionally, the video explains how puzzle based games teach us how to persevere through challenging tasks. *This video is recommended for children and teenagers.*

[Flexibility skills and technology](#)

This video explains the benefits of using games and apps to help you and your children strengthen your cognitive flexibility skills. The video defines cognitive flexibility, what it is used for, and gives real-life examples of this thinking skill in action. *This video is recommended for*

children and teenagers.

For Teens and Parents

[Flexibility and Range of Motion | Beginner Yoga With Tara Stiles](#)

This instructional yoga for beginners video is taught by [Tara Stiles](#). Yoga has been shown to improve our attention, focus, and memory. *This video is recommended for teenagers and adults.*

[Yoga For Complete Beginners](#)

This is another video that gives a tutorial on beginner level yoga. Yoga helps us develop strategies that we can use to remain calm, manage our stress, and regulate our emotions. *This video is recommended for teenagers and adults.*

[Cognitive Flexibility and Adaptive Decision Making](#)

A video that explains our ability to be adaptable, improvise, and shift approaches to meet different challenges. Check out this video to learn more! *This video is recommended for teenagers and adults.*