

Why use I Spy or Spot It Activities for Social Skills

- * Executive function and self-regulation are important for the development of social skills. Executive function and self-regulation can be developed and expanded by use of I Spy and Spot It Activities.

Executive function can be defined as “the management system of the brain.” That’s because the skills involved let us set goals, plan, and get things done. When people struggle with executive function, it impacts them at home, in school, and in life.

There are three main areas of executive function. They are:

1. **Working memory**
2. **Cognitive flexibility** (also called flexible thinking)
3. Inhibitory control (which includes self-control)

Executive function is responsible for many skills, including:

- Paying attention
- Organizing, planning, and prioritizing
- Starting tasks and staying focused on them to completion
- Understanding different points of view
- Regulating emotions
- Self-monitoring (keeping track of what you’re doing)

This definition is taken from understood.org.

These activities help develop abilities to focus, listen and socialize.

I Spy Games and Spot it Games can be used directly to expand the ability to wait, take turns and play cooperatively when an adult engages either the adult and a child or the adult and child(ren) to complete the activity. The adult facilitates the activity and gives each child as well as her/himself a turn “spying” or “spotting” a picture.

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