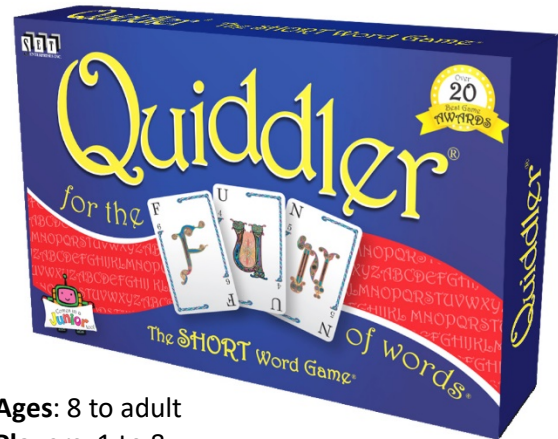


## Quiddler OT Skill Connections

Quiddler is a game mainly played for fun and entertainment. The fact that it teaches, strengthens and exercises an abundance of skills makes it one of the best possible tools for Occupational Therapy. Because it is fundamentally a game people enjoy, Quiddler inspires an intrinsic motivation and desire to “play”. The repetition of playing again and again encourages progress and success.



Ages: 8 to adult

Players: 1 to 8

### Quiddler Strengthens

- Cognitive Development
- Visual Perception
- Physical Development
- Social Development
- Emotional Development

### About Quiddler

Quiddler, The SHORT Word Game, is easy to learn and loads of fun! Each card in the game contains one or two letters and a point value. The goal is to have the highest score at the end of 8 rounds. The number of cards dealt each round increases, upping the challenge. Each round, the first player to arrange all his or her cards into one or more words goes out. Then all other players get one more turn to play their best words. Players can use a dictionary when it's not their turn, which encourages them to use their harder-to-play-but-higher-point letters. Each round there are two bonuses — one for the most words and one for the longest word. These bonuses allow for early readers and wordsmiths alike to win!

### How Quiddler Develops Skills

#### **Cognitive Development:**

- **Analytical Skills & Critical Thinking:** During the game, players continually analyze and evaluate their cards to find the best possible word combinations. They also analyze the advantages and disadvantages of:
  - drawing an unknown letter from the top of the deck or picking up a known letter from the discard pile,
  - going out quickly or trying to build higher-point words,
  - discarding or keeping a high value but hard to use letter.

Players continually analyze and make these types of decisions throughout the game.

- **Attention:** When playing Quiddler, players are continually focused on their cards, trying to make their best word(s). When it is not their turn they also search in the dictionary to find new words to play. This practice is repeated during every game, which is crucial for attention development.
- **Cognitive Flexibility:** Because players draw a new card at the beginning of each turn they must process the new stimuli and adjust their strategy. Each new card brings an opportunity to rearrange letters, change strategy and come up with more word choices. Cognitive flexibility and creative thinking are continually reinforced throughout the game because players must rearrange and reevaluate word choices in response to the new card each turn.
- **Executive Functioning:** Players consistently exercise many of the executive function decision-making processes.
  - **Organization & Planning:** Quiddler players must be good at organizing and planning but open to reorganizing and changing plans. Players decide how to organize their hands (alphabetically, by vowels then consonants, etc.) and often plan some of their words at the beginning of each round. Some players always use the same organization method while others might change mid-round depending on the cards in the hand. The best Quiddler

- players constantly make new plans for their cards, analyzing which cards are best to keep and which are best to discard each turn.
- **Strategy:** Each round, players strategize how to get the most points and win. Some try to go out quickly and catch the other players with unusable cards in their hands. Some wait to go out, trying to get higher point cards. A player could aim for either the long word bonus or the most words bonus – or strategically rework his or her letters to block another player from receiving one of the bonuses.
- **Working Memory:** Players need to remember the rules and goal of the game. Recalling previously played words benefits players allowing them to use them again later in the game.
- **Vocabulary Development & Decoding Skills:** Players sort and group letters together recognizing commonly used prefixes and suffixes, and frequently used letter patterns. They expand their vocabularies when finding new words to play in the dictionary as well as learning from words others play.

### Visual Perception:

- **Visual Perception:** Players build their abilities to see, interpret and analyze the jumble of letters they are dealt. Continually developing the visual information into words strengthens players' visual perception.
- **Visual Memory:** Looking up words that use specific letters they have in their hands or remembering previously used words improves players' visual memory.
- **Visual Sequential Memory:** Players practice their visual sequential memory each time they remember the sequence of letters to spell a word.

### Physical Development:

- **Bilateral Coordination:** Playing Quiddler enhances bilateral coordination and provides opportunities to strengthen individual skills like symmetrical integration, asymmetrical integration and crossing the midline.
  - **Symmetrical Integration:** Shuffle the cards using the *riffle* technique—where half of the deck is held in each hand with thumbs inward and the cards are released by the thumbs so that they fall to the table interleaved. This type of shuffling and using both hands to hold all the cards in the later rounds of the game improve symmetrical integration.
  - **Asymmetrical Integration:** There are many opportunities to practice asymmetrical integration while playing Quiddler: holding the deck with one hand while dealing with the other; holding cards in one hand and using the other hand to draw, organize and discard.
  - **Crossing the Midline:** Have players hold their cards on one side of their body and spell their words one letter at a time on the other side. Requiring players to draw and discard with the hand farthest away from the draw and discard pile requires them to reach across their body and reinforces crossing the midline.
- **Fine Motor Skills:** Playing Quiddler helps strengthen *in-hand manipulation, hand arches, pincer grasp* and increases overall *dexterity* and *motor planning*. Shuffling the cards, dealing cards to each player, flipping over the top card to begin the game, picking up and discarding each turn, and holding a fan of cards all build, strengthen and refine these skills.

### Social Development:

- **Social Skills:** Playing Quiddler provides multiple opportunities for learning and exercising proper social skills such as: *verbal and non-verbal communication, following instructions, taking turns, sharing, using appropriate words, self-control, coping with losing and proper behavior when winning*.

### Emotional Development:

- **Confidence:** Each time a player puts down a word, his or her confidence grows. As players repeatedly play Quiddler their cognitive, physical, social and emotional skills continually develop, building their overall self-confidence.

- **Intrinsic Motivation:** Playing Quiddler is enjoyable so players are intrinsically motivated to play again and again. This repetition is key to developing skills. The intrinsic motivation to win triggers players' desires to learn new words and remember how to spell them so that they can use them again.
- **Mood Enhancement:** Quiddler offers children and adults a way to improve or maintain essential skills in a fun and positive way. The enjoyment of playing and the feeling of success every time a player goes out first naturally enhance moods. It's purposeful play that impacts each player's environment and mindset in a very positive way.
- **Self-Esteem:** Playing Quiddler increases players' skills and abilities, which builds their confidence, improving their overall self-esteem. A strong, positive self-esteem directly relates to players' abilities to think and cope with challenges throughout their lives. It is the foundation of success and happiness.