

SPEAKER: We are with Abigail. And Abigail is four years old. And we're going to take a look at what is called executive function. Abigail, have you ever played the game Simon Says? Simon says touch your head.

ABIGAIL: No.

SPEAKER: It's pretty easy. You can do this with me, OK?

ABIGAIL: Sometimes I learn it from Barney and his friends.

SPEAKER: Oh, this would be a game that Barney and his friends might play. So touch your head. Touch your shoulders. Touch your shoulders. Touch your head. Touch your shoulders. Touch your shoulders. Touch your head. Touch your head.

That was pretty easy, wasn't it? Now let's be really silly, OK? When I say touch your head, I want you to touch your shoulders. And when I say touch your shoulders, I want you to touch your head. Could you do that? OK.

Touch your head. Touch your shoulders. Touch your head. Touch your head. Touch your shoulders. Touch your head. Touch your shoulders. Touch your shoulders. Nicely done.

Now let's mix it up and make it really silly. When I say touch your head, touch your shoulders by mistake. When I say touch your shoulders, I really want you to touch your head. That would be silly. Let's see if you can do that. Ready?

One, two, three. Touch your head. Touch your shoulders. Touch your shoulders. Touch your head. Touch your head. Touch your shoulders. Touch your shoulders. Touch your head. Perfect. Thank you. Abigail, you have just been a pleasure. Thank you for coming today. Perfect.

If I said touch your shoulders, what would you do? What if I said touch your head? What if I said touch your shoulders? Touch your head. Touch your head. Touch your shoulders. Touch your shoulders. Is that pretty easy to do? Was that easy?

Let's see if we can make it silly, OK? If I say to you touch your head, I really mean touch your shoulders. If I say touch your shoulders, I mean touch your head. Let's see how that goes, OK? Sofia, touch your head. Touch your shoulders. Touch your head. Touch your head. Touch your shoulders. Touch your head. Touch your shoulders. Touch your shoulders. OK.

Now let's do it for real. When I say touch your knees, I really want you to touch your knees. When I say touch your toes, I really want you to touch your toes. Let's try that a couple of times.

Sofia, touch your toes. Touch your knees. Touch your knees. Touch your toes. Touch your toes. Touch your toes. Touch your knees. Touch your toes. Touch your knees. I think you got it.

Should we mix that up now and do it backwards? When I say, touch your knees, I want you to touch your toes. When I say touch your toes, I want you to touch your knees. Here we go.

Touch your knees. Touch your toes. Touch your toes. Touch your knees. Touch your toes. Touch your toes. Touch your toes. Touch your knees. Touch your toes. Good job. Thank you. That was wonderful.

Now I'm just going to ask you to follow some simple directions. So Dahlia, please touch your head. And touch your shoulders. Touch your shoulders. Touch your head. Touch your shoulders. Touch your shoulders. Touch your head. Touch your head. Nice job.

Now let's be really silly. When I say touch your head, I want you to really touch your shoulders. If I say touch your shoulders, I really want you to touch your head. Think you could do that?

OK. Touch your head. Touch your shoulders. Touch your head. Touch your head. Touch your shoulders. Touch your head. Nicely done. How about this?

Let's do this for real. Touch your knees. Touch your toes. Touch your toes. Touch your toes. Touch your knees. Touch your knees. Touch your toes. OK.

Should we play the silly game now? And when I say touch your knees, I really mean touch your toes. When I say touch your toes, I really mean touch your knees. OK?

Touch your knees. Touch your toes. Touch your toes. Touch your knees. Touch your toes. Touch your toes. Touch your knees. Perfect. Thank you. You did that so nicely.