What are cognitive functions?

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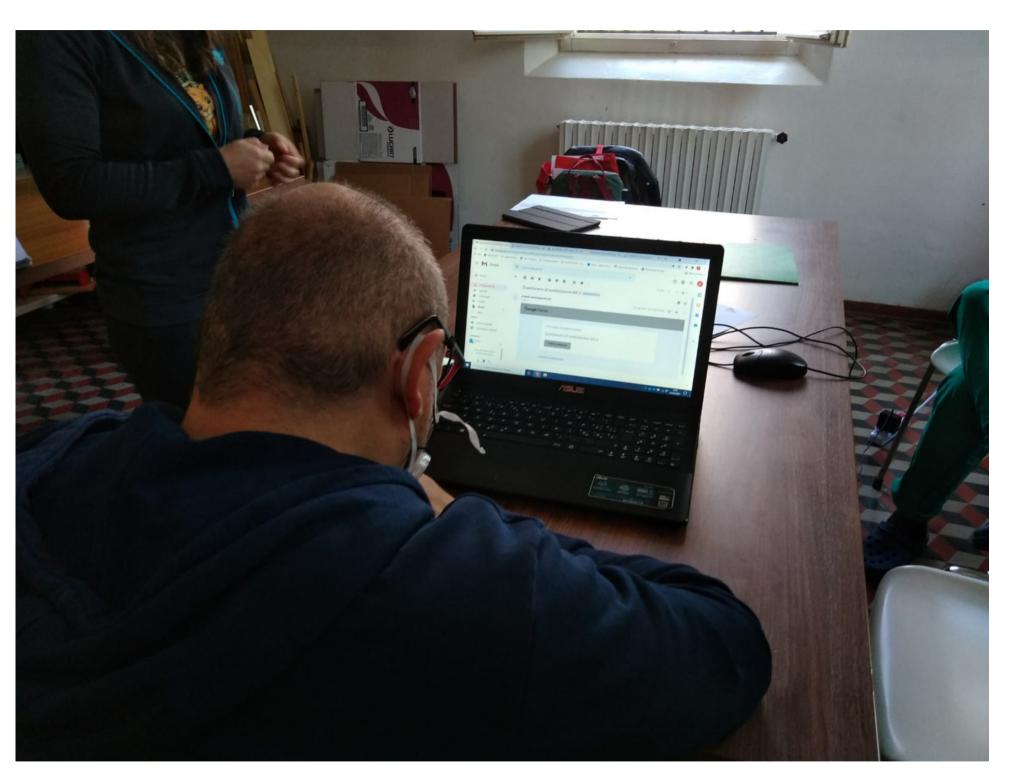
Cognitive functions
are a group of capabilities
we develop during our life
to use in day-to-day situations.

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Some cognitive functions are:

- To use language
- To work with numbers
- To **solve problems**
- To remember
- Pay attention to details
- To use position sense
- Social and emotional skills

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How we use cognitive functions?

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Some examples of how we use cognitive functions in daily life:

- We use language to give and receive information;

- We use calculation to understand and use numbers;

- We use problem solving when we find good answers to a problem;

- We use memory when we remember past events;

- Attention to detail is when we focus on something specific;

- Position sense is the ability to know what our body is doing and where we are;

- We use our social and emotional skills to communicate and connect to other people.

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Dictionary

Find here explanations for words in **bold**

Solve problems

Find a solution

to difficult or complex situations.

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The other deliverables of the ID GAMING project can be found on the project webpage https://id-gaming-project.eu/