



<https://www.autismparentingmagazine.com/benefits-of-jigsaw-puzzles/>

## 10 Benefits of Jigsaw Puzzles for People with Special Needs

1. **Problem solving:** There is a clear problem—the puzzle is in pieces—and it needs to be put together. Unlike many other situations people with autism face, puzzles are different—there is only one solution. Problem solving with only one possible solution is a very worthwhile and meaningful experience.
2. **Memory improvement:** You must use your memory when assembling a jigsaw puzzle. If you don't finish the puzzle the same day, you have to remember where you left off.
3. **Attention span:** Jigsaw puzzles help build the attention span of those with autism as you have to focus on colors, shapes, and sizes.
4. **Fine motor skills:** Another useful benefit of jigsaw puzzles is helping to develop fine motor skills as you must work carefully to fit the pieces together correctly.
5. **Sorting:** Being able to sort pieces by color, shape, edges, etc. is a benefit and promotes patience and a sense of accomplishment.
6. **Social skills:** This is my favorite—people with autism can benefit from doing jigsaw puzzles with other people. Working with others promotes inclusion, listening, and interaction. I sometimes prompt my daughter to tell me the colors of the pieces, which helps with vocabulary building.
7. **Independence:** Doing jigsaw puzzles alone helps with independence and confidence. It also gives me time to do a chore while my daughter is engaged in her puzzle. I can see the sense of accomplishment on her face when she is able to finish it on her own.
8. **Persistence:** Those who are not used to doing jigsaw puzzles will sometimes become frustrated and give up but after a while. With some help they will keep working on it and keep trying. Persistence is a very valuable lesson for anyone.
9. **Confidence building:** This is an important benefit because when a person finishes a jigsaw puzzle on their own it gives a huge boost to their self-confidence and self-esteem.
10. **Endless entertainment:** Jigsaw puzzles provide endless education and amusement. Having a good time and learning while doing it is the ultimate goal. The value of building skills and being able to transfer those skills to other situation can prove helpful with the future of those with autism.

**The Arc of Palm Beach County  
Community Inclusion Program**

