



### Why Add Select PopCap Casual Games?

Benefits most experienced by kids aged 9 and under include:

- Hand-eye coordination/manual dexterity (28%)
- Learning skills - pattern recognition, resource allocation, spelling, etc. (24%)
- Mental workouts/cognitive exercise (11%)
- Positive affirmation/confidence building (11%)

However, in kids aged ten or older, stress relief/relaxation is the clearest benefit:

- Stress relief/relaxation (26%)
- Hand-eye coordination/manual dexterity (22%)
- Learning (17%)

Many of the paradigms and procedures governing how learning occurs in school were formulated before we understood the impact games would have on an entire generation, in learning and in culture. We are just “getting” how young people think and process information in the digital age. How refreshing for our students to be able to take a break throughout the learning day with short bursts of exactly the sort of game that can re-charge and re-focus their minds. How energizing for teacher to enjoy more fully engaged and productive learners. Combining casual games and FootGaming creates a turn-key strategy that prepares students to learn in many ways.

There are more reasons for ExerLearning “game breaks.” From a cognitive point of view we (and our students) need some strategies and skills to quiet the internal and external chatter so we can actually think. Time and again successful learners and thinkers develop habits that allow them to take a break from work, learning or writing. Some play solitaire, others play casual games, some go for a long walk or jog. In the classroom, session of PopCap’s *Bejeweled* or *Peggle* allows one to let thoughts incubate in the background and become refocused. Such game play allows an attention-engrossed break from clutter, schoolwork and assignments so the mind can return to a place that is clear, refreshed and even – in the end, deeply productive.

Research Base: <http://www.ecu.edu/cs-admin/news/releases/2008/4/ecupopcapstudy04282008.cfm>

What are the outcomes from letting kids play games? Through casual games, kids learn to:

- Make effective decisions under stress
- Analyze patterns and predict sequences
- Think laterally and strategically
- Persist and solve difficult problems
- Develop spatial and kinesthetic skills

**Preparing the Child to Learn:** Good news: ADHD (Attention Deficit Hyperactivity Disorder) though difficult, does not present insurmountable challenges. The better news is that according to a first-of-its-kind survey conducted by Information Solutions Group on behalf of PopCap Games, certain types of video games appear to have a therapeutic affect on the disorder, lessening symptoms and helping kids focus. The best news: **Kids love this form of therapy!**

422 of the survey respondents were identified as children with the majority falling between the ages of 8 and 16. Of the children, over half (52%) were said to be suffering with a mild (30%), moderate (55%) or severe (15%) form of ADHD. The second largest group was children with autism (21%), followed by Dyslexia (8%) and Down Syndrome (3%). The following were cited as the leading benefits:

- 83% cited improved concentration skills and increased attention span
- 70% cited improved hand-eye coordination/Manual dexterity
- 64% cited Stress relief / Relaxation
- 60% cited Learning (pattern recognition, resource allocation, spelling, typing skills)
- 56% cited Mental workouts/ Memory-strengthening Mentally sharp and focused
- 55% cited Mood-lifting
- 51% cited positive affirmation, increased confidence and sense of accomplishment

Puzzle games, like *Tetris* or *Bejeweled*, were the most popular, with other arcade games like *Peggle* cited as a favorite by 13%.

"It seems that children with AD/HD often lack that sense of control that comes much more easily to their non-AD/HD peers," says Dr. Carl Arinoldo, a Stony Brook, New York-based psychologist of 25 years' experience. "Playing casual games such as *Peggle* and *Bejeweled*, among others, is one area in their lives in which these children can experience **some sense of control with the added benefit of achieving success in something**. Both of these aspects, taken together, can serve to enhance the child's self-concept and self-esteem."

Imagine a learning environment in which all students are prepared to learn, are more focused, engaged and productive. ExerLearning and FootGaming can deliver exactly that. Please explore [www.footgaming.com](http://www.footgaming.com) for more information.

Play With Your Feet