

Top 10 Benefits of Video Games for You and Your Children

Regularly, after a sordid news item, video games are singled out as the roots of evil, those devil's objects which trivialize brutality and desecrate respect for human life. Because for many: Video Games = Doom and virtual violence => real violence, in the malleable and fragile spirit of our youth. But that would obscure the benefits of this kind of leisure, which is not necessarily violent and which can prove to be more stimulating than an evening of viewing TNT. Some researchers have looked into the subject:

1. Video games develop the volume of gray matter

0. <https://bitly.com/2Z0rNFn+>
1. <https://preview.tinyurl.com/1q5xhxoj>
2. <https://knowledge.autodesk.com/profile/LRDWDU5ZTSH0Z>
3. <https://community.cisco.com/t5/user/viewprofilepage/user-id/1161117>
4. <http://data.houstontx.gov/sk/datarequest/01e31a47-76bb-41ac-9fe1-28feb16283c8>
5. <https://participa.gencat.cat/profiles/downloadgames/timeline>
6. <https://participa.gencat.cat/profiles/downloadgames/activity>
7. <https://participa.gencat.cat/profiles/downloadgames/badges>
8. <https://participa.gencat.cat/profiles/downloadgames/following>
9. <https://participa.gencat.cat/profiles/downloadgames/followers>
10. <https://participa.gencat.cat/profiles/downloadgames/groups>
11. <https://my.archdaily.com/us/@simogamesdownload>
12. <https://www.demilked.com/author/rocklee/>
13. <https://www.broadwayworld.com/board/newcsd.cfm?ID=1813166>
14. <https://www.scirra.com/users/downloadgames>

15. <https://plazapublica.cdmx.gob.mx/profiles/downloadcomputergame/timeline?locale=en>
16. <https://plazapublica.cdmx.gob.mx/profiles/downloadcomputergame/timeline>
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24. <https://cults3d.com/fr/utilisateurs/gamesloader>
25. <https://cnl07vicc8s.typeform.com/to/bRbabsl4>
26. <https://studiumfc.umontreal.ca/blog/index.php?entryid=26188>
27. <https://gumroad.com/pregnancyzone/p/100-free-pc-games-download-free-apps>
28. <https://educatorpages.com/site/downloadfadlgames>
29. http://gamespredownloadre.mee.nu/_sky_champ_monster_attack_6.5.6_-_sky_champion_android_mod
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31. <https://www.imagekind.com/MemberProfile.aspx?MID=2052815d-a4ba-4077-8d1e-65c1ca2a3ea1>
32. <https://www.obsidianportal.com/profile/downloadlogames>
33. <https://modex.tech/developers/gameskiki>

34. <https://modex.tech/developers/gameskiki/games/wiki/%D8%AA%D8%AD%D9%85%D9%8A%D9%84+%D9%84%D8%B9%D8%A8%D8%A9+Subway+Surfers+2.12.0+%D9%84%D8%B9%D8%A8%D8%A9+%D9%85%D8%AA%D8%B5%D9%81%D8%AD%D9%8A+%D9%85%D8%AA%D8%B1%D9%88+%D8%A7%D9%84%D8%A7%D9%86%D9%81%D8%A7%D9%82+%D9%84%D9%84%D8%A7%D9%86%D8%AF%D8%B1%D9%88%D9%8A%D8%AF+++%D9%88%D8%B2%D8%A7%D8%B1%D8%A9+%D8%A7%D9%84%D8%AF%D9%81%D8%A7%D8%B9>
35. <https://community.forfansbyfans.com/profile/1024332/GAMESATODOWNLOAD>
36. <https://ko-fi.com/post/Online-Games--The-Benefits-H2H83LL9Y>
37. <https://froont.com/games-lolo-downloadg/games-for-children>
38. <https://rabbitroom.com/members/gamesveedownload/profile/>
39. <https://huzzaz.com/collection/10-reasons-video-games-are-good-for-y>
40. <https://www.seedandspark.com/user/gamestrovdownload>
41. <https://notionpress.com/author/346018>
42. <https://usaidlearninglab.org/users/gameswiki>
43. <https://tldrlegal.com/users/gamesonpc>
44. <https://www.dday.it/profilo/gamestoplay>
45. <https://signup.com/group/745137226096>
46. <https://laracasts.com/@gamesplaza>
47. <http://www.divephotoguide.com/user/gamesdownload>
48. <https://support.advancedcustomfields.com/forums/users/downloadmandogames/>
49. <https://mru.org/users/169337>

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51. <https://www.cosis.net/profile/u610d399e129295cb42bb4d>
52. <https://blend.io/gamesmodownload>
53. <https://ignitiondeck.com/id/forums/users/84007/>
54. <https://community.asme.org/members/gamesdownload126/default.aspx>
55. <https://www.beqbe.com/the-pros-and-cons-of-online-social-games>
56. <https://gamesdownload.onepage.website/>
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58. <https://downloadgames.landencol.com/>
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To have a huge brain, no need to swallow encyclopedias, just play Super Mario. This is in essence the conclusion of a German study that stuck a group of players in front of a Nintendo 64 for 30 minutes a day for two months. This growth develops spatial orientation, memory training, the implementation of strategies, as well as motor faculties. A strange phrase in the presentation of the study: the desire to play video games testifies to a desire to increase brain volume. "Are we doing a Call of Duty?" I really want to grow my brain! "

2. Video games reduce pain and stress

A 2010 study tells us that playing video games has allowed patients forced to undergo chemotherapy to overcome stress and to be better prepared to fight the disease. More surprisingly, severe burns, according to the same source, have better dealt with the pain by immersing themselves in the joys of virtual worlds on console.

3. Video games improve academic performance

If you refuse to give in to your kid's requests for fear that games will take precedence over homework, you are on the wrong track: according to a study conducted by a researcher from Niort, a child with a console at home has 4 times less more likely to repeat than his private video game comrade. If the researcher believes that the qualities developed by the practice of these games are ultimately useless for nothing

other than playing video games, he points out that a kid who manages to stay focused and motionless for hours of playing will have less hard to endure endless hours of lessons without thinking about recess.

4. Video games develop social skills

Well, on that, the two researchers published by the American Psychologist are a little less convincing, since they put Farmville and World of Warcraft in the same bag after having cited Angry Birds as a reference a few lines above. Nonetheless, their argument is that the tendency for games to be cooperative, even hyper-violent, translates into the behavior of afk players.

5. Video games speed up the decision-making process

The University of Rochester is very proud of its discovery: it takes 25% less time to make an important decision when you are adept at video games. Video game practice would develop the ability to respond to a given problem by an algorithm by breaking it down into simpler questions.

6. Video games slow down the aging process

The University of Iowa may have found the secret of eternal life: 2 hours of joystick per day, it keeps your brain sharp, safe from the destructive work of the years that pass. Even if the test was carried out with a game specially designed for the experiment (so not Animal Crossing). It's said, after 50 years, we stop sudoku and crosswords, we go to Fallout New Vegas before eating.

7. Video games help dyslexic children to read

The Italian University which produced this study used an original method. Children were split into two groups, the first playing a boring thing, like online monopoly, and the others a little more lively thing, in this case Rayman. And it turns out that the latter showed better reading skills at the end of the experience. The ability of these games to quickly demand the attention of players seems beneficial, and on reflection, it's fine for 5 minutes, but it's not enough.

8. Video games improve eyesight

Well, not all of them, only Medal of Honor. It was still at the University of Rochester, where apparently we all gave a damn, that we found this. It would seem that looking for an enemy to shoot down or scared off snipers develop visual skills. If no ophthalmologist has told you "continue to spend 16 hours a day in front of your PC, and in a year, you will no longer need glasses", the info has not yet passed.

9. Video games reduce painful memories

In any case the game Tetris, according to a British study . Guinea pigs were asked to watch a traumatic movie and half of them were asked to play the famous game on Game Boy over the next few days. And surprise, gamers have less horrible flashbacks after stacking a few bricks. Tetris, better than alcohol to forget.

10. Video games make you smarter (well, not all of them, don't dream either)

A university in London carried out a basic experiment: having a group of people play Starcraft, a real-time strategy game, and another the Sims, a life simulator. Well believe it or not, people who played the strategy game then showed greater cognitive flexibility, the ability to move efficiently from one task to another, than those who played the completely stupid game. It was well worth giving them a fellowship to come to that conclusion.

Good news, you now have the moral right to allow your children to play video games while in confinement. And if you really can not bring yourself to it, we have found you plenty of activities to do with a child during confinement and the best board games to do as a family.

Sources: Ranker , and HuffPost .

Are you looking for gift ideas for Valentine's Day ? We found the best ideas: