



The New Scoop on Video Games

By Jack Horvath

Has a parent ever told you to stop playing video games because it would rot your brain? Well what if I told you those video games could help your brain. They can make your memory better and can help you read faster. They also help with frustration.

Video games can help people with brain diseases. According to *Huffingtonpost.com*, Dr.Kuhn and other colleagues think that video games could be used as a type of brain therapy. Scientists asked 23 adults to play video games for 30 minutes over two months. At the end of two months, it increased memory function. This could be used for people with memory disorders. Also video games can help your eyesight. This could help people with brain diseases that affect your eyesight

Video games can help other skills such as hand eye coordination, and motor skills. According to *NPR.org*, video games can help with multi- tasking and hand eye coordination. One other thing video games can help with is focus. One time my brother was having a really hard time focusing on his homework. My mom said, “How about you take a break.” My brother Logan asked me if we could play his favorite video game Kirby. We played for about an hour then he got back to his homework. It seemed like he had a better time focusing on his homework. This shows that after playing video games it helped another skill.

Video games can help relieve stress. My brother completed a math sheet before playing video games and then completed a second sheet after playing video games. Although he did not finish faster after playing video games, he was less frustrated when he did not know an answer. This shows that he was less stressed to do well. Also one time I was doing homework I kept getting more and more frustrated. My mom told me to take a break I did. I got my ipad and started to play and after a while I got back to homework and I felt less stressed to get everything right. One other thing was once when I was doing test prep and kept getting frustrated. My mom said to take a break to cool down I did and started to play on the Wii. I played and played then I had to get back to work when I got back I felt like I understood the topic more and I felt like I was doing better. This shows that after I played video games it helped my brain function.

Who knew video games are good for you? So the next time you are doing your homework or work and you are stressed and mad think about turning on that game system and have some fun. On the down side you still have to eventually do



Having Fun



X-Box Controller

Focus



Different Video Games





On the edge of his seat



Wii nun chuck



X-Box Game



Wii Game

Wii Controllers



Having Fun With Friends

