

THE GAME OF SCATTERGORIES



Ready,
roll, write.
Scattergories is
unique!

Board Games or Video Games?

By: Timothy McCarthy

Adult



x2 1.5V AAA or R03 size
NOT INCLUDED
BATTERIES REQUIRED

Alkaline batteries recommended. Phillips/cross
head screwdriver (not included) needed to insert
batteries.





Some people think video games are the greatest thing since Elvis and are the perfect solution for your health, but others think video games are bad and would rather play a board game to improve their health. Personally, I think that board games are better for your health than video games because video games make you stressed out and being stressed makes you age faster.



One reason I say this is board games make you calmer than video games, and when you're stressed out about something, it can damage your health. In an article from *www.health.com*, it says video games make you hyper, stressed out and also easy to anger. According to a different article from *www.boardgames.com*, board games can calm you down when you're worked up and they also help you deal with stress. Lastly, they are great for concentrating. So I guess you could say keep calm and play a board game like Monopoly or Life or Clue.



There was one time my brothers' asked me to play Risk and since I like board games I said yes. We went into our room and started playing. I went first and quickly took five countries of my brother's, Declan. Then my brother Aidan went and also took five countries of Declan's. Then Declan went and lost all of his attacks. Aidan and I looked at Declan in awe.

"Are you feeling okay?" I asked Declan.

"Yeah," he said, "Why do you ask?"

" Uh, because you didn't get angry which is unlike what happens when you play video games."

So I guess this means that board games can calm you down. I think this is because a lot of video games are violent.



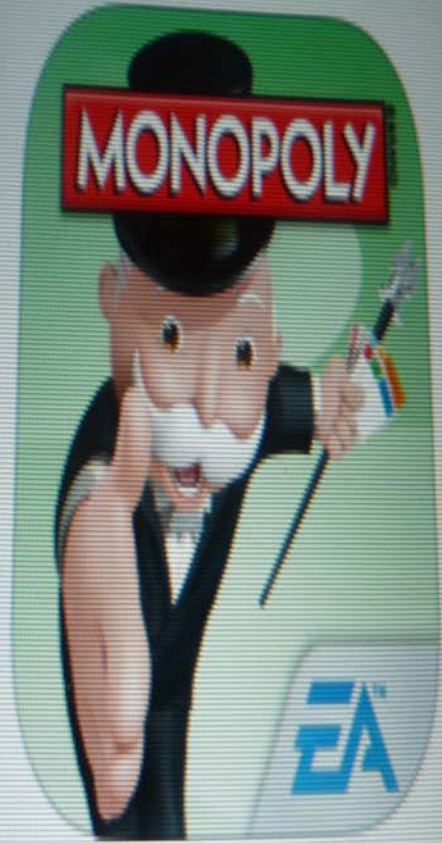
Board games are better for your health than video games. I say this because on the website, *www.health.com*, it says video games can cause seizures and damage your eyes. Also, in the article it mentions video games are bad for your posture and can make you obese because you don't watch what you're eating while you play. But in the article, "*Chico Board Games for Your Health*," board games make you smarter and can cure memory loss, which helps prevent diseases like Alzheimer's disease and dementia. I think these board games may be games such as Scattergories because you have to fill in the spaces by using your memory.

iPad Only ▾

Any Price ▾

All Categories ▾

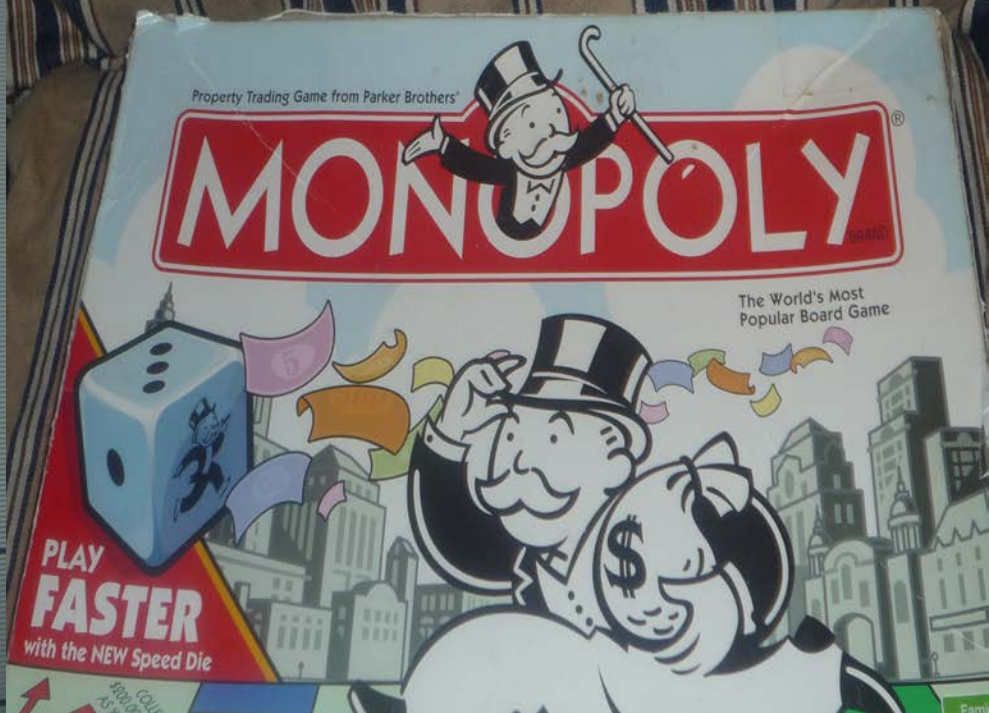
MONOPOLY for
Electronic Arts
★★★★☆ (303)



MONOPOLY
Electronic Arts ▾
★★★★☆ (303)

\$6.99

Details



In conclusion, I think that people who make video games must like board games if they are creating video game versions of board games like Life and Monopoly. So my question is, why play on a screen that damages your eyes? Do you now believe that video games are bad for your health?