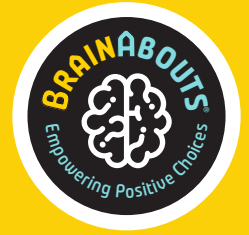
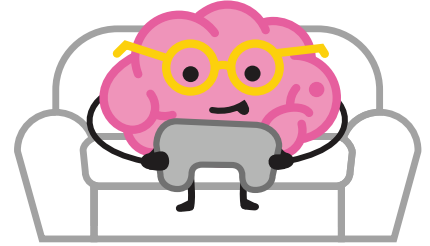


# About Video Game Addiction - Level 1 Activity Handout

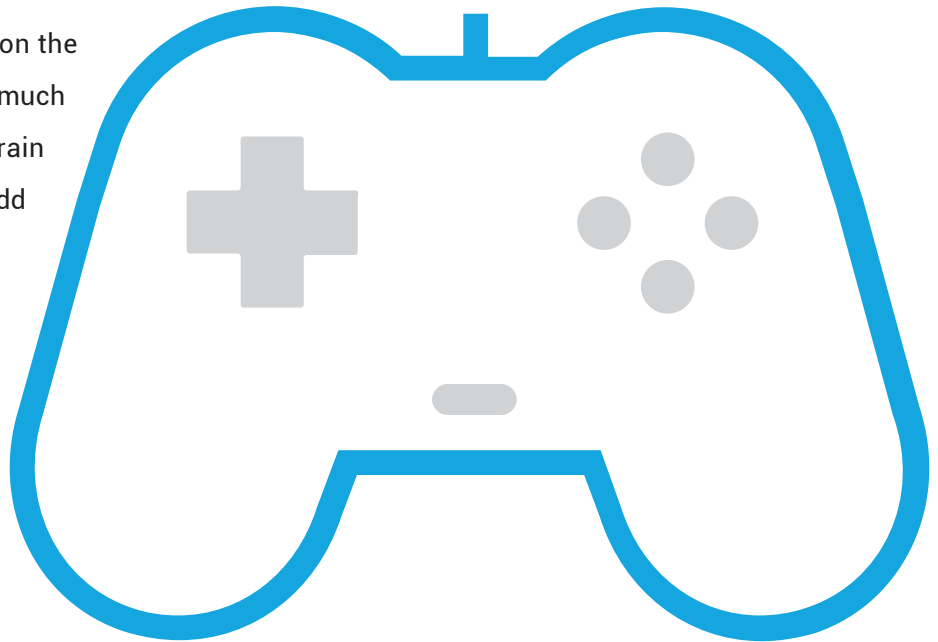


## Student Video Viewing Guide

**Do Now:** Write 1-2 sentences in the box below in response to the question - **Did you know that something you may find fun can be risky? Video games may rewire your brain! They may leave you feeling aggressive or have an impact on your sleep. Why do you think that is?**



**Directions:** Fill in the control buttons on the video game control with ways that too much video gaming can put your growing brain at risk. The video lists many, can you add any extra?



## Stop and Think...

CFU #1 - We know the brain's rule is USE IT or LOSE IT - what else can you use your brain for, instead of video games, to enjoy yourself after school?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Stop and Think...

CFU #2 - What should your video game self-care or Brain Balance Plan include?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Write About It Prompt

**Directions:** Write 5-10 sentences in response to the following question.

**Use the box at the bottom to draw out your thoughts.**



**Your Video Game self-care plan should include the 'Brain Balance Rule' which says for every hour of video game play, we engage in an hour of something else to balance out what our brain is using and losing. Write about 3 ways you can use the Brain Balance Rule at home.**

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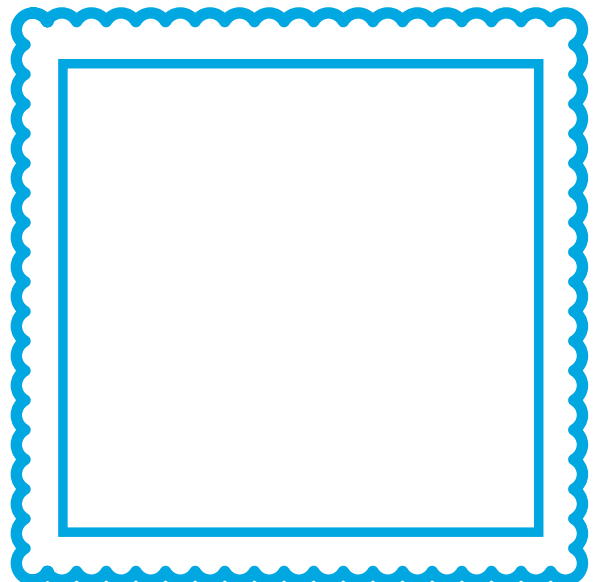
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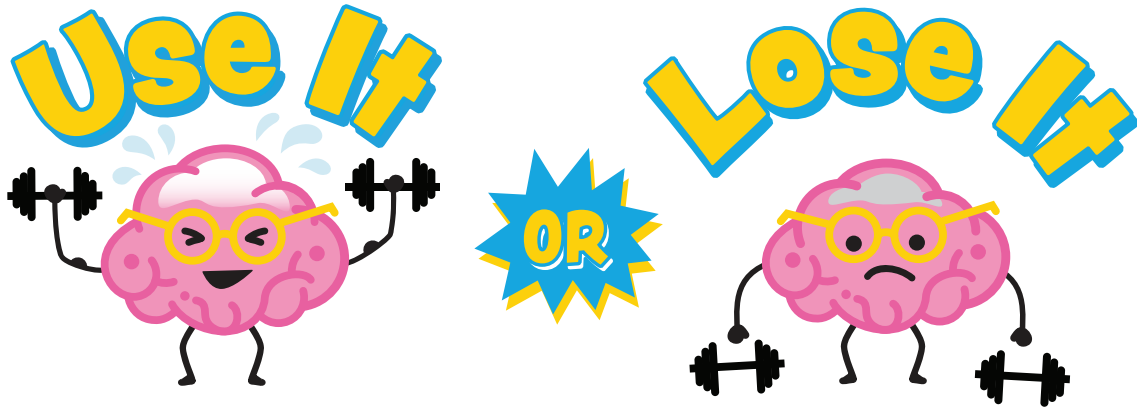
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## Activity #1 - Independent Practice

**Directions:** Write a letter to yourself reminding yourself about the brain's rule- **Use it or Lose it!** The brain cells you use a lot make long chains of connected cells for the activities you engage in. Include a list of activities you enjoy that grow networks for other things such as sports, reading, or spending time with people you like/ love. Your future self will thank you!



## Activity #2 - Group Activity

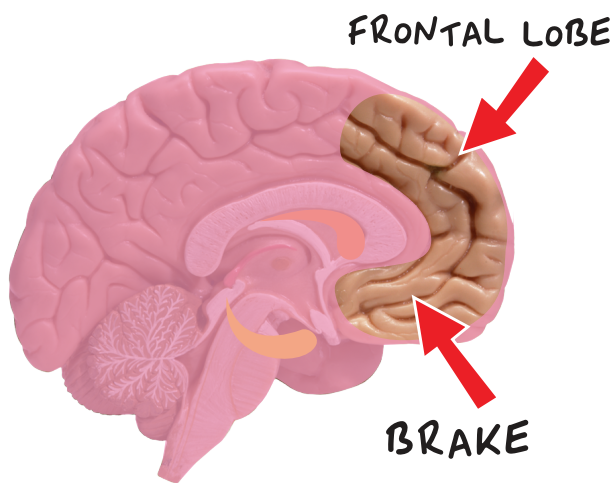
(student handout for this might be unnecessary if it is completely teacher directed)

**Directions:** Allow students to work in groups of 3-4. Draw a funny non-advertisement for video games. Be sure to include why it is a risky behavior and what things can happen to your brain when you play too much. Present them to class, if time allows.



## Activity #3 - Extended Learning

Take the letter to yourself home and then talk with your grown-ups at home about how you can continue to strengthen your Frontal Lobe by using your brakes with a **BRAIN BALANCE PLAN**. Can your grown-ups help you plan times to game and times to balance the gaming out?



## Brain Quiz

1. **True or False:** Playing video games too much may be risky to your brain.
2. **True or False:** Setting a timer to monitor how much time you spend playing a video game can be part of a Brain Balance Rule.
3. **True or False:** You are usually in a good mood after you play video games because it is a very relaxing activity.
4. **Fill in the Blanks:** Playing violent video games or first person shooter games can increase aggressive \_\_\_\_\_ or behaviors and decrease \_\_\_\_\_.
5. **Free Response:** Do you think it is easy or hard to practice the Brain Balance Rule and limit your video game time? Why do you say that about yourself?

