About Video Game Addiction - Level 2 Student Activity Guide



-			^					
Tŀ	٦I	7	n	h	\cap		ь.	
	ш	 n	п.	u	u	u	L	IL.

•

Brain Quiz!

- Our brains create new dendrites resulting in longer strings of neurons after engaging in an activity for _____ consecutive hours.
- 2. Which of the following is NOT a sign of gaming addiction?
 - a. Scheduling life around game play, skipping social events, work, or school.
 - b. Playing a game 3 or more hours per day.
 - c. Blurring the lines between gaming and reality.
 - d. Playing a game no more than 1 hour per day.
 - e. Playing a game to modify mood.

- 3. A form of severe social withdrawal characterized by adolescents and young adults who become recluse in their parents' home is called _____.
- 4. Which is a strategy for keeping your frontal lobe growing and not limited by technology overuse?
 - a. Balance tech time with physical activity and face-to-face interactions.
 - b. Give yourself time to allow your mind to wander and daydream.
 - c. Practice verbal communication.
 - d. All of the above



Activity #1 Group Brainstorm:	
n groups of 3-5 students, brainstorm different ways to use your brain throughout the week in	otood of rolying
	stead of relying
on technology. Share your top strategies with the class.	
tivity #2 Group Short Story:	
roups of 3-5 students, work together to write a story about a teenager that develops Hikkim	ori Syndrome
l how the teenager gets help.	

Activity #3 Write About It:

Journal: Think about your own gifts, goals, dreams. What activity would you like to do for 3-4 consecutive hours in order to develop longer strings of neurons in this area? Develop a schedule for your week that includes balancing each day with face-to-face interaction, physical activity, and your desired area of growth.

