About Video Game Addiction - Level 3 Student Activity Guide



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1. What is enjoyable about playing video games?					
2. What are signs that video games are becoming a problem?					

Brain Quiz!

- 1. 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 these strategies for keeping your frontal lobe growing and not limited by technology

Activity #1 Group Brainstorm:
In groups of 3-5 students, brainstorm different ways to use your brain throughout the week instead of relying on technology. Share your top strategies with the class.
Activity #2 Group Short Story:
In groups of 3-5 students, work together to write a story about a teenager that develops Hikkimori Syndrome and how the teenager gets help.

Activity #3 Write About It:

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