Game Time Badge

Finding Healthy Game Habits

Plug in. Power up. Game on! Fun and frustrated, focused and frantic, powerful and puny, games make us feel all sorts of things and keep us coming back for more. With an eye on our energy bar we explore weird worlds and take on new challenges.

But when you play a video game, the energy bar on screen isn't the only one that matters. Focus, frustration, and finger control all take energy, and the more we play the more we drain our supply. How often have you started a video game at full charge, and ended up on empty?

Running on empty never feels good, but by treating our batteries better we can make the most of our game time!

• **Set the bar.** Before you start, decide what to play and for how long. Parents can help set timers for minimum and maximum playtimes.

• **Check your charge.** When you reach a pause point, take a moment to reflect on how you feel. Are you still having fun? Do you need a break?

• **Power down and unplug.** When time is almost up, **OR** when you're having less fun and feel drained, look for spots to stop. Switch to a new activity to help you reset.

Use these tips to find a game plan that works for you!

MIGHTIER SKILL PACK

Pressing pause can be hard. Use this Skill Pack to explore the connection between video games and emotions, and work with your child to build a game time strategy that works for both of you.

For more tips on fostering healthy video game hygiene, check out this article we put together with our friends at **Healthy Gamer.**

Stalatic
(Stalaticite)

RARE

Strengths:
Quick thinking, hand-eye coordination

Struggles:
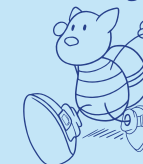Calling it quits, pressing pause

"I don't age, I level up"

If Stalatic could game instead of sleep, he would. Nothing beats the feeling of a new high score—especially when playing Lavaling Legends! When he's in the zone, a dog barking, siren blaring, or an asteroid blast wouldn't be enough to break his focus. During a long, intense gaming session, hunger, frustration and finger cramps all get forgotten.

When Stalatic ignores his battery and plays drained, he isn't in control of the game, the game is in control of him. When that happens his games stop feeling fun. In order to stay charged and in control, Stalatic pays attention to his battery. He **sets the bar** with a time limit of 30 minutes, **checks his charge** by pausing to notice feelings of fun vs frustration, then **powers down and unplugs** with a new activity. Now that's a winning strategy!

Unlock the Game Time Outfit!

1. Complete Skil Pack ⭐ challenges.

2. Open the Ⓜ Mightier Kids app.

3. Tap your 👻 profile badge on the top left of screen.

4. Tap **Redeem Code** and enter the code **CONNECT**
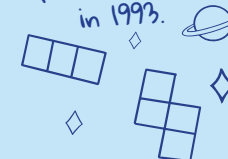

Fun Game Facts

Sonic was designed first as an armadillo, not a hedgehog.

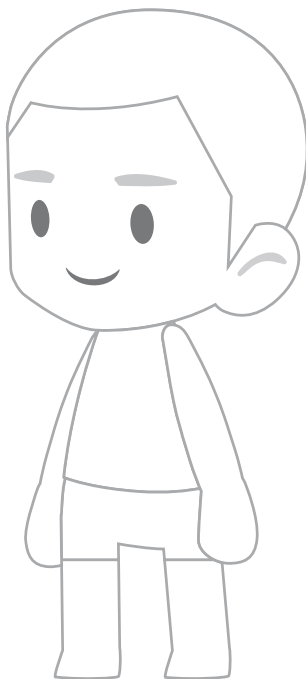Games help brain plasticity, the ability to learn new things.

The first videogame in space was Tetris in 1993.

⭐ Charater Creator

Game characters are designed to meet the unique challenges of the games they're in.

What if you designed a game character for your life? What powers or outfit would you give them? Draw your own design!

Power Ups

_____

Obstacles

_____

Special Abilities

⭐ What it Takes Timer

Predicting times is tricky. With a partner and a stopwatch guess how long it will take to complete each challenge, then time yourself doing them. Were you close?

Challenge	Guess	Actual
Find 10 things that start with the letter A		
Touch everything made of wood in the room		
Open and close every door in the house		
Say the alphabet backwards		

Battery Blitz Board Game

Start your engines while keeping an eye on your battery to be the first to win the race!

Set Up

• Cut along dashed lines to make the game pieces.

• Put the 15 **color squares** into a cup.

• Place your **cars** on the checkered area.

• Place your **charge markers** at full.

• Choose how many loops to play. It takes about 5 minutes to complete a loop per player.

How to Play

• Youngest player goes first and draws 4 color squares from the cup.

• Use the 4 color squares in any order to find a path forward. You can move between tiles that touch.
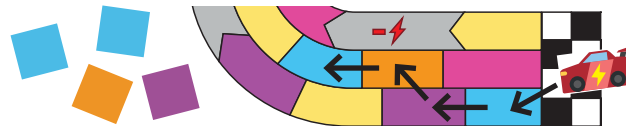
• Your turn ends when you have used all 4 squares or you can't move forward. Return squares to the cup.

• Take turns drawing and moving around the track. The first player to complete the loop wins.

Speed Tile - The ⚡ tiles move you forward faster, but cost one battery charge to use. Move your charge marker down one level with each use. If your charge is at empty you can't move onto a speed tile.
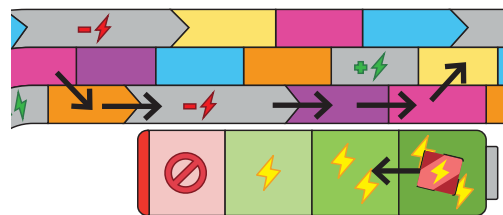
Charge Tile - The ⚡ tile will increase your charge by one, but also ends your turn.