

Video games, kids, skills, and attitudes

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Yes, many kids (and adults) play video games. Alfred Adler theorized that if you want to understand children watch them play. He and others indicated that play is to children as work is to adults. Adler and others emphasized the positive aspects of play.

Here are some of the positive skills and attitudes that may be developed through playing video games:

- 1) I am working in an environment that invites me to set and achieve goals,
- 2) I can start over when I make a mistake,
- 3) I can start over as many times as I want,
- 4) I can take a break if frustrated or discouraged and then return to the task,
- 5) I work in an environment that invites problem solving and solution seeking,
- 6) I can work alone to seek solutions and solve problems,
- 7) I can work with others to seek solutions and solve problems,
- 8) I work in an environment where I use my eyes, ears, and hands at the same time,
- 9) I can control the speed and direction and volume of the game,
- 10) I can teach others the skills that I have learned,
- 11) I can encourage others as they set goals, solve problems, and seek solutions,
- 12) I can empathize with others as they face challenges and overcome them,
- 13) I can seek new directions, and
- 14) I can accept the challenge of adaption and adjustment in an evolving environment.