

# Games

Games come in all types of shapes and form. Most games have rules, some are physical, some we can play on our own and many we can play with others.

Games are a fun way for us to develop our social skills, turn taking skills, fine and gross motor skills and we get to challenge our body and our mind. We can learn an somuch through play and games.

These are just a few of the skills that can be developed and improved through games.

- **Fine Motor and Gross Motor Skills:** There are lots of games that require us to use our motor skills. Physical Sports and games such as Football, Basketball, Rugby and Chasing require us to move our bodies .These games help to keep us fit and healthy, and although we are unable to play some of these games right now we can use this time to practise the skills that are required for these games. Playing different games like Operation, Cards, Lego can help develop our fine motor skills and these games require us to use our hands a lot.
- **Hand Eye Coordination Skills:** There are lots of games that can help with hand eye coordination. Skipping, Tennis, Rounders, Throwing and Catching games. These are games that we can play with our family members, we can have competitions or just play for fun and see if we can improve day on day.
- **Literacy and Numeracy Skills:** Games help us to develop our language and communication skills .There are lots of ways to make literacy and numeracy fun. If we are trying to learn new words we could play Word Bingo or matching games like fish in the sea. Playing board games helps with our counting skills. There are lots of fun maths games to play.
- **Problem solving skills:** Lots of games require us to think outside the box and come up with solutions and answers. Games help us to problem solve, some games require us to do that on our own, other games require us to work as a team to problem solve together.
- **Confidence and Social skills:** It is important that we are interested and enjoy the games that we play. The more enjoying and fun the games are, the more it will help

us to master those games and become more confident. Games require us to be good at waiting our turn, listening to others and to follow rules. We don't have to win every game the taking part is the most important thing.



	Useful Websites with examples of games
<b>Fine &amp; Gross Motor Skills</b>	<a href="https://www.pinterest.ie/binspiredmama/fun-fine-motor-skill-activities/">https://www.pinterest.ie/binspiredmama/fun-fine-motor-skill-activities/</a> <a href="https://www.understood.org/en/learning-thinking-differences/child-learning-disabilities/movement-coordination-issues/8-gross-motor-skills-activities-for-kids">https://www.understood.org/en/learning-thinking-differences/child-learning-disabilities/movement-coordination-issues/8-gross-motor-skills-activities-for-kids</a>
<b>Hand Eye Coordination Skills</b>	<a href="https://empoweredparents.co/hand-eye-coordination/">https://empoweredparents.co/hand-eye-coordination/</a> <a href="https://www.ot-mom-learning-activities.com/hand-eye-coordination.html">https://www.ot-mom-learning-activities.com/hand-eye-coordination.html</a> <a href="https://www.sportplan.net/">https://www.sportplan.net/</a>
<b>Language, Literacy &amp; Numeracy Skills</b>	<a href="https://family.co/blog/inspiration/10-simple-communication-and-language-activities/">https://family.co/blog/inspiration/10-simple-communication-and-language-activities/</a> <a href="https://global.cbeebies.com/">https://global.cbeebies.com/</a> <a href="https://www.kidsmathgamesonline.com/problemsolving.html">https://www.kidsmathgamesonline.com/problemsolving.html</a> <a href="https://www.readingrockets.org/article/six-games-reading">https://www.readingrockets.org/article/six-games-reading</a>
<b>Problem Solving Skills</b>	<a href="https://icebreakerideas.com/problem-solving-activities/">https://icebreakerideas.com/problem-solving-activities/</a>
<b>Confidence &amp; Social Skills</b>	<a href="https://www.encourageplay.com/blog/10-engaging-and-fun-social-skills-group-activities-for-kids">https://www.encourageplay.com/blog/10-engaging-and-fun-social-skills-group-activities-for-kids</a>

