

# Are Video Games Bad for Me?

## TASK 1: SPEAKING

Work with a partner and discuss the following questions. Then compare your answers with other members in your group.

- What springs to mind when you hear the term 'video games'?
- Do you learn anything from playing video games?
- Do you prefer playing video games alone, against friends or online?
- Are video games bad for your health?
- Does your personality change when you're gaming?
- Do you think video games make people violent?
- How can you help someone who is addicted to video games?
- Which company makes the best games?
- Would you like to be a game designer? What kinds of games would you design?
- What will video games be like in the future?



## TASK 2: GAP FILL

Reconstruct the following article by finding where the verbs in the box fit. (Source: [http://kidshealth.org/kid/talk/qa/video\\_gaming.html](http://kidshealth.org/kid/talk/qa/video_gaming.html))

affect      improve      figure out      cause      gets      choose  
unplug      shown      become      does      aim      swing  
were      challenge      get

Lots of kids love video games. In fact, they like them so much that they might hear something like this from mom or dad: "Enough! 1 \_\_\_\_\_ that thing and find something else to do!"

It can be good advice, even if you 2 \_\_\_\_\_ just about to crash through to the next level. Why? Too much of anything is just too much. It's true that some studies have 3 \_\_\_\_\_ certain video games can 4 \_\_\_\_\_ hand-eye coordination, problem-solving skills, and the mind's ability to process information. But too much video game playing can 5 \_\_\_\_\_ health problems.

It's hard to 6 \_\_\_\_\_ enough active play and exercise if you're always inside playing video games. And without enough exercise, kids can 7 \_\_\_\_\_ overweight. Really overdoing video games also could 8 \_\_\_\_\_ other important stuff, like friendships and how well a kid 9 \_\_\_\_\_ in school. And it's still unclear what effect violent and disturbing games have on a person's brain.

But here's the good news: Playing video games some of the time can be OK. Just 10 \_\_\_\_\_ for no more than 1 or 2 hours a day and 11 \_\_\_\_\_ quality games.

A good game will be the right one for how old you are. Games are rated like movies and your mom or dad can help 12 \_\_\_\_\_ which ones you should use. If you can choose one that 13 \_\_\_\_\_ you up and moving, that's even better.

You might 14 \_\_\_\_\_ your mom, dad — or even your grandma — to 15 \_\_\_\_\_ the bat in a game of baseball or try out some fancy moves in one of the dancing games. Could your grandma be a dancing queen? Time to find out!