

# How to select Serious Games to train cognitive functions.

Serious games benefits



# Serious Games Benefits



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Most persons with intellectual disabilities like to play serious games because:

- Feel less pressure that in real life.
- There's no risk in testing out various behaviors.



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- Can make their own decisions.
- Can take the time they need and repeat if needed.
- Can train skills for real life.



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- Serious Games can help people with Intellectual disabilities to pay more attention to a task.
- Training can be adapted to people's life situations and real-life needs.



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- Using a computer or a mobile phone is important to be included in society.
- Increases confidence and self-esteem.



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## Dictionary

Find here explanations for words in **bold**

## Self-esteem

Confidence about who you are and what you can do.



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