

Card games can help recovery from strokes

30th June, 2016



A new report says that playing simple card games can help stroke patients with their recovery just as much as virtual reality gaming. Canadian researchers conducted a test on 141 patients to determine whether gaming or more

traditional games was better at treating stroke sufferers. They found that playing cards, games like dominoes, and even throwing a paper ball into a basket improved patients' motor skills. They said playing bingo or using a Wii games console also aided recovery from a stroke. The researchers reported that if the type of task used for the rehabilitation of motor skills is intensive, repetitive and gets the hands and arms moving, it will help those recovering from a stroke.

A stroke happens when the blood supply to part of the brain is cut off. It can lead to death if not treated quickly. Following a stroke, sufferers can experience a number of physical changes such as drooping face muscles, slurred speech and a loss of strength in the arms and legs. The researchers said it wasn't clear whether virtual reality gaming or traditional games helped sufferers more. Researcher Dr Gustavo Saposnik said: "We all like technology and have the tendency to think that new technology is better than old-fashioned strategies, but sometimes that's not the case. In this study, we found that simple recreational activities that can be implemented anywhere may be as effective as technology."

Sources: BBC.com / cbc.ca / eurekaalert.org

Writing

Traditional games are better than computer games. Discuss.

Chat

Talk about these words from the article.

report / card games / patients / recovery / virtual reality / traditional / dominoes / blood supply / treated / sufferers / physical changes / technology / strategies / study

True / False

- A new report says card games are better than computer games. T / F
- Researchers conducted a test on over 1,000 patients. T / F
- Researchers said throwing papers balls was good for stroke victims. T / F
- Researchers said games on Wii consoles aren't good for stroke victims. T / F
- Strokes are related to how much blood gets to the brain. T / F
- A stroke sufferer can have problems with speech. T / F
- Researchers were clear on what kind of games were the best. T / F
- Researchers said simple games can be as good as using technology. T / F

Synonym Match

- | | |
|-----------------|------------------|
| 1. help | a. stopped |
| 2. recovery | b. thorough |
| 3. determine | c. result in |
| 4. type | d. convalescence |
| 5. intensive | e. successful |
| 6. cut off | f. aid |
| 7. lead to | g. sagging |
| 8. drooping | h. leisure |
| 9. recreational | i. find out |
| 10. effective | j. kind |

Discussion – Student A

- What can we do to prevent strokes?
- How important are playing cards to you?
- What are your favourite card games?
- Are card games better than computer games in social situations?
- What are your favourite computer games?
- When is old-fashioned better than technology?
- What are your favourite recreational activities?
- What questions would you like to ask the researchers?

Phrase Match

- | | |
|--------------------------------|---------------------------|
| 1. just as much | a. if not treated quickly |
| 2. researchers conducted a | b. skills |
| 3. even throwing a paper ball | c. supply |
| 4. the rehabilitation of motor | d. activities |
| 5. help those recovering | e. into a basket |
| 6. blood | f. test on 141 patients |
| 7. It can lead to death | g. speech |
| 8. slurred | h. fashioned strategies |
| 9. old- | i. from a stroke |
| 10. simple recreational | j. as virtual reality |

Discussion – Student B

- What do you think about what you read?
- What do you think of playing cards?
- What do you think of virtual reality games?
- Do you prefer traditional or computer games?
- Do you think traditional or computer games are better for stroke victims?
- In what way are computer games better than traditional games?
- What are the good and bad things about Wii consoles?
- Why do people like playing cards?

Spelling

- help stroke patients with their eocryver
- rtliauv reality gaming
- to nimeerdet whether...
- treating stroke esfrsefur
- the abhneatiotilr of motor skills
- tietevper and gets the hands and arms moving
- drooping face scmeslu
- suledrr speech
- have the ndetncy to think
- simple neoectrail activities
- can be mmetieedpln anywhere
- as evtifeecf as technology

Answers – Synonym Match

1. f	2. d	3. i	4. j	5. b
6. a	7. c	8. g	9. h	10. e

Role Play

Role A – Grand Theft Auto

You think Grand Theft Auto is the best game. Tell the others three reasons why. Tell them things that are wrong with their games. Also, tell the others which is the worst of these (and why): Super Mario, Angry Birds or The Sims.

Role B – Super Mario

You think Super Mario is the best game. Tell the others three reasons why. Tell them things that are wrong with their games. Also, tell the others which is the worst of these (and why): Grand Theft Auto, Angry Birds or The Sims.

Role C – Angry Birds

You think Angry Birds is the best game. Tell the others three reasons why. Tell them things that are wrong with their games. Also, tell the others which is the worst of these (and why): Super Mario, Grand Theft Auto or The Sims.

Role D – The Sims

You think The Sims is the best game. Tell the others three reasons why. Tell them things that are wrong with their games. Also, tell the others which is the worst of these (and why): Super Mario, Angry Birds or Grand Theft Auto.

Speaking – Computer games

Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- | | |
|--------------------|---------------------|
| • Grand Theft Auto | • World of Warcraft |
| • Minecraft | • Angry Birds |
| • Super Mario | • FIFA 2016 |
| • Call of Duty | • The Sims |

Answers – True False

a	F	b	F	c	T	d	F	e	T	f	T	g	F	h	T
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

Answers to Phrase Match and Spelling are in the text.