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ROLL
THE
DICE



2014 - 2016



**Control
Your
Game**



Made by Mirela Bozbici, Romanian team



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Mobility in Spain



THE COMPUTER ADDICTION-a danger for your child

More and more young people and even children are caught in the trap of computer game playing and surfing the internet. The long term use of the computer has effect both on the psychosocial development and on the general health of the child, mainly the eyesight problems that it brings.





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Many times the computer addiction also brings with it problems as stiffness of the back, back pains, dizziness, incorrect position of the back and the spinal deformities.

All these signs of addiction are but first steps towards a more serious problem with unpleasant long term effects and sometimes even permanent.

How to prevent such an unpleasant situation?



It is essential to impose the child some rules even from a young age and specially from the moment you purchase a personal computer

1. For children up to 10 years of age one hour in front of the computer suffices, with your presence near him during this hole time.

2. For children above 10 years the interval can be raised to an hour and a half sometimes even a bit more without exaggerating

3. It is not wise for a child to spend more than three hours in front of the computer



Mobility in Romania





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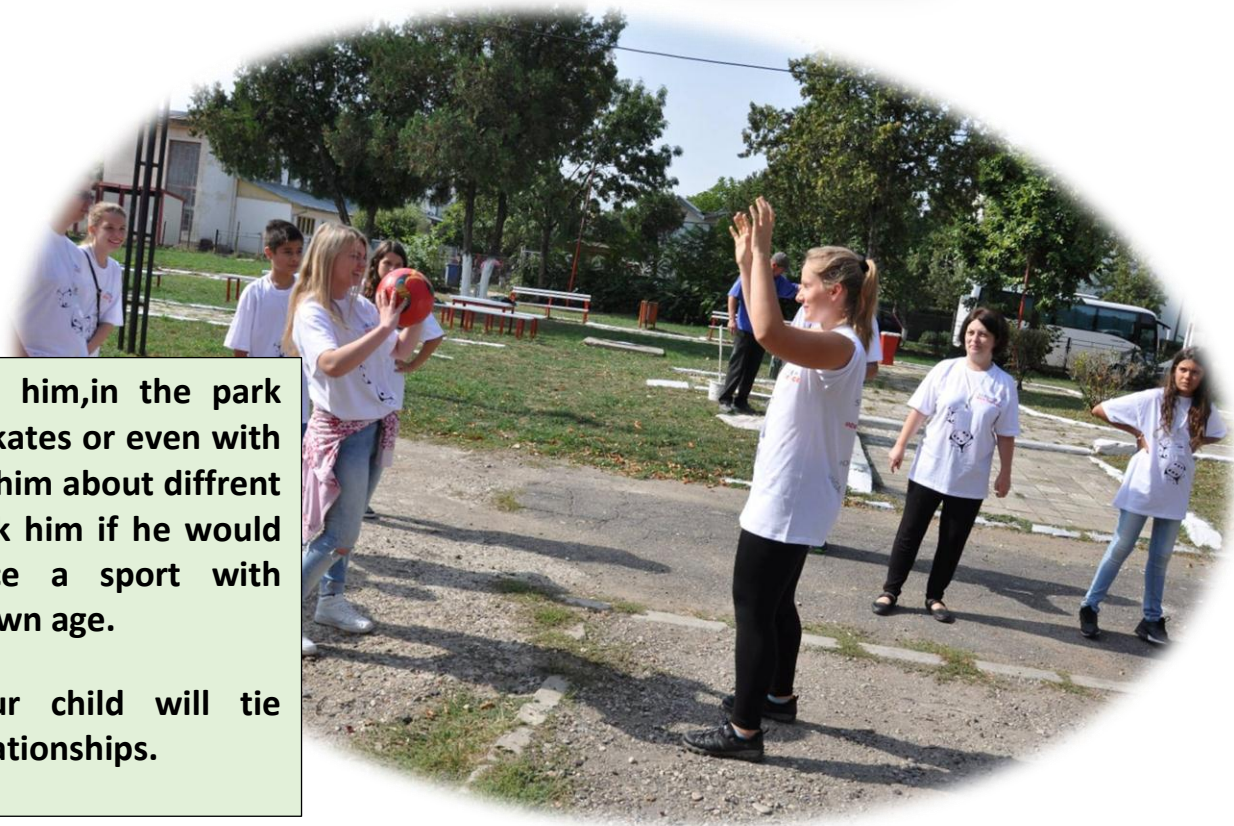
4. On the computer the child only has to have programs and games that develop his imagination, his spirit of observation and the pleasure of knowledge.

5. You can play songs he knows and he will listen to (or that he knows from school \ kindergarten) poetry, usual expressions in a foreign language or short games with characters from the popular cartoons.

6. Further more encourage him to intensify the contact with family and friends and the surrounding environment

7. Go out with him, in the park with the roller skates or even with the bike, talk to him about different subjects and ask him if he would like to practice a sport with children of his own age.

That way your child will tie true, healthy relationships.





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THE BENEFITS OF OUTDOOR PLAYING

1. Researchers have discovered that children that play outside more than 90 minutes a day will present a lower risk of getting heart problems during their life
2. Playing in the outdoors not only keeps the child healthier but also helps him develop more abilities



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Mobility in Hungary



3. Outdoor activities will also increase visual acuity because the eye is trained by movement: a butterfly in flight, a tree in the winds blow: these are a few elements that make us of the peripheral vision.

4. A child that plays outdoors laughs a lot and this laughter releases him from stress



5. Even more phisycal activities accompanied by a strong laughter strenghten his heart and lungs and encourages his imunitary sistem to fight against colds and viruses

6.Outdoor activities dimminish the risk of overweight and diabetes.

7.His fiskiness,the running and jumping will turn wour child's bones more strong and the muscles more strong.



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The outdoor activities do not need any financial investments, they are free and the benefits are colossal. Let's not deprive the small ones of these simple joys that mean a lot because outdoor activities are not just a fad but a necessity.



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Mobility in Poland





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THE BENEFITS OF TABLE GAMES

Studies have revealed that stimulating the brain with "brain games" including board games, card games, crossword puzzle, reading, writing or playing different instruments is beneficial to the brain.



An easy family game can bring the whole family around the table forgetting about digital or activities of any other nature.

Beside the fact that they are very fun and educational in the development of the little one here are 6 benefits that these games have over children:





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1. Teaches them the value of money and how to spend them responsibly

2. Teaches them new concepts and informations

3. Teaches them how to think and make logical connections

4. Teaches them when and how to lose

5. Teaches them to think strategically

6. Teaches them the "team spirit"



**DURING OUR PROJECT WE
HAVE SHARED AND PLAYED
ALL THESE GAMES**

**Limbo dance, Throw at cans,
Horseshoe pitchin, 3 in a row,
Bowling, Flying kites, Hopscotch,
Domino, Reversi, Breaking nuts,
Scarf, Pinball, Miming, Sack Race ,
No offense brother, Roll the dice**



