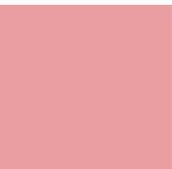




## *Therapeutic Video Game Recommendations*



# How to Use This Guide

*The purpose of this guide is to recommend therapeutic video games for children based on their symptoms. The games recommended in this guide were curated by researchers at EEDAR, a market-leading video game research firm, in collaboration with mental health researchers at UCSD.*

## **Game recommendations have been categorized into six symptom categories:**

- > Pain
- > Boredom (Short-Term Stay)
- > Boredom (Long-Term Stay)
- > Anxiety/Hyperactivity
- > Sadness
- > Cognitive Impairment

This guide was designed as a quick reference to help caretakers quickly select games for their patients. Caretakers can reference the category that best fits the symptoms of the patient and select one of the games listed.

When selecting an appropriate game, the user should first select the appropriate symptom and age category of the child, and then select a title based on the available gaming platforms at the facility. **Note: Virtual Reality Games are currently not recommended by the manufacturer for children under the age of 12**

## **Methodology**

EEDAR operates the largest video game attribute database in the world containing over 170 million game facts.

To create the recommendations in this guide, EEDAR collaborated with mental health researchers to create a hierarchy of over one hundred game features related to positive health. EEDAR then classified thousands of video games based on these features.

Using the information gained from working with mental health researchers, EEDAR determined which features should correspond to which symptom groups.

EEDAR's proprietary recommendation technology was used to select the titles recommended in this guide.



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# Symptom: Pain

**Works By:** *Distracting from physical pain or the symptoms of chronic conditions.*

The best games for this category have easy-to-learn game mechanics and rewarding, short game sessions. The quick pace of gameplay in Platformers, Arcade Racers and fast-action Puzzle games can engage a player's mind and body in a way that is especially effective for pain management. Dynamic visuals and high-energy sound design can also be helpful to distract from discomfort.

## Recommended Games for 12 and Under

- Nintendo 3DS**
  - > **Mario Kart 7** (Action Racing)
  - > **Siesta Fiesta** (Classic Arcade Style)
  - > **Star Fox 64 3D** (Vehicular Shooter)
- Nintendo Switch**
  - > **Fast RMX** (Action Racing)
  - > **Puyo Puyo Tetris** (Matching Puzzle)
  - > **Mario Kart 8: Deluxe** (Action Racing)
- Xbox One**
  - > **Peggle 2** (Classic Arcade Style)
  - > **Tetris Ultimate** (Matching Puzzle)
  - > **Overcooked** (Time Management)
- Playstation 4**
  - > **Super Stardust Ultra** (Arcade Shooter)
  - > **Tumblestone** (Matching Puzzle)
  - > **The Pinball Arcade** (Pinball)
- Playstation Vita**
  - > **LittleBigPlanet: PSVita** (Action Platformer)
  - > **Lumines: Electronic Symphony** (Matching Puzzle)
  - > **MotorStorm RC** (Action Racing)
- Mobile iOS**
  - > **Fruit Ninja** (Gallery Shooter)
  - > **Temple Run 2** (Endless Runner)
  - > **Super Mario Run** (Endless Runner)
- Mobile Android**
  - > **Fruit Ninja** (Gallery Shooter)
  - > **Temple Run 2** (Endless Runner)
  - > **Super Mario Run** (Endless Runner)



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## Recommended Games for 13 and Older

### Nintendo 3DS

- > **Theatrhythm: Final Fantasy: Curtain Call** (Rhythm)
- > **Cave Story 3D** (Arcade Shooter)
- > **Tetris Ultimate** (Matching Puzzle)

### Nintendo Switch

- > **Little Inferno** (General Puzzle)
- > **Human Resource Machine** (General Puzzle)
- > **Metal Slug 3** (Arcade Shooter)

### Xbox One

- > **Forza Horizon 3** (Simulation Racing)
- > **#IDARB** (Fictional Sport)
- > **Overwatch** (First Person Shooter)

### Playstation 4

- > **Resogun** (Arcade Shooter)
- > **TowerFall Ascension** (Arcade Platformer)
- > **Overwatch** (First Person Shooter)

### Playstation Vita

- > **TxK** (Arcade Shooter)
- > **Runner 2: Future Legend of Rhythm Alien** (Endless Runner)
- > **Resogun** (Arcade Shooter)

### Playstation VR

- > **Thumper** (Endless Runner)
- > **Super Stardust Ultra VR** (Arcade Shooter)
- > **SUPERHYPERCUBE** (Endless Runner)

### Mobile iOS

- > **Canabalt** (Endless Runner)
- > **Streets of Rage 2** (Beat 'em Up)
- > **Hungry Shark Evolution** (General Action)

### Mobile Android

- > **Tap Tap Revenge 4** (Rhythm)
- > **Fist of Awesome** (Beat 'em Up)
- > **Asphalt 8: Airborne** (Action Racing)

# Symptom: Boredom (Short-Term Stay)

**Works By:** *Entertaining players in waiting rooms or short-stay situations.*

Games for short-term boredom are focused experiences that are smaller in scope and can be played quickly, in genres such as Racing, Fighting, and Arcade-style games. They are often designed to be replayed many times over, with rules that are easy to understand but difficult to master. Ideal titles for this symptom allow a player to start and stop frequently, with little to no persistence between play sessions.

## Recommended Games for 12 and Under

- Nintendo 3DS**
  - > **Mario Kart 7** (Action Racing)
  - > **New Super Mario Bros. 2** (Arcade Platformer)
  - > **Zen Pinball 3D** (Pinball)
  
- Nintendo Switch**
  - > **1-2-Switch** (Mini Game(s)/Party Game)
  - > **Snipperclips: Cut it Out, Together!** (Physics Puzzle)
  - > **Puyo Puyo Tetris** (Matching Puzzle)
  
- Xbox One**
  - > **Peggle 2** (Classic Arcade Style)
  - > **Overcooked** (Classic Arcade Style)
  - > **Rocket League** (Action Racing)
  
- Playstation 4**
  - > **Flame Over** (Arcade Shooter)
  - > **OlliOlli2: Welcome to Olliwood** (Skateboarding)
  - > **Rocket League** (Action Racing)
  
- Playstation Vita**
  - > **ZEN Pinball 2** (Pinball)
  - > **Super Stardust Delta** (Arcade Shooter)
  - > **Surge Deluxe** (Matching Puzzle)
  
- Mobile iOS**
  - > **Angry Birds Action!** (Physics Puzzle)
  - > **Cut the Rope** (Physics Puzzle)
  - > **Super Mario Run** (Endless Runner)
  
- Mobile Android**
  - > **Angry Birds Action!** (Physics Puzzle)
  - > **Cut the Rope** (Physics Puzzle)
  - > **Super Mario Run** (Endless Runner)



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## Recommended Games for 13 and Older

### Nintendo 3DS

- > **Theatrhythm: Final Fantasy: Curtain Call** (Rhythm)
- > **Super Mario 3D Land** (Action Platformer)
- > **Pushmo** (General Puzzle)

### Nintendo Switch

- > **Super Bomberman R** (General Action)
- > **Mario Kart 8: Deluxe** (Action Racing)
- > **Little Inferno** (General Puzzle)

### Xbox One

- > **Pinball FX 2** (Pinball)
- > **Forza Horizon 3** (Matching Puzzle)
- > **Threes!** (Number Games)

### Playstation 4

- > **Street Fighter V** (Fighting)
- > **TowerFall Ascension** (Arcade Platformer)
- > **N++** (Arcade Platformer)

### Playstation Vita

- > **Spelunky** (Arcade Platformer)
- > **Gunslugs** (Arcade Shooter)
- > **Plants vs Zombies** (Tower Defense)

### Playstation VR

- > **Keep Talking and Nobody Explodes** (General Puzzle)
- > **The Playroom VR** (Mini Game(s)/Party Game)
- > **DriveClub VR** (Simulation Racing)

### Mobile iOS

- > **Plants vs Zombies** (Tower Defense)
- > **Crazy Taxi** (Action Racing)
- > **Street Fighter IV** (Fighting)

### Mobile Android

- > **True Skate** (Skateboarding)
- > **Temple Run 2** (Endless Runner)
- > **Threes!** (Number Games)

# Symptom: Boredom (Long-Term Stay)

**Works By:** *Providing more substantial entertainment for long stays or recurring patient recreation.*

Titles recommended for this category are designed to hold a player's attention over many play sessions. They emphasize story more than many other titles, and have more nuanced mechanics that may take a while for players to fully understand. Games for Long-Term Boredom are more immersive and (as the category name implies) require longer sessions than most of the other recommendations in this guide. More complex story-driven Action and Puzzle games fit in well here, as well as RPGs and Strategy titles.

## Recommended Games for 12 and Under

- Nintendo 3DS**
- › **Mario & Luigi: Dream Team** (Classic RPG)
  - › **The Legend of Zelda: Ocarina of Time 3D** (General Action)
  - › **Pokemon: Moon/Sun** (Classic RPG)

- Nintendo Switch**
- › **LEGO City Undercover** (General Action)
  - › **Shovel Knight: Treasure Trove** (Arcade Platformer)
  - › **I Am Setsuna** (Classic RPG)

- Xbox One**
- › **Minecraft: Xbox One Edition** (Action Builder)
  - › **LEGO Worlds** (Action Builder)
  - › **Child of Light** (Classic RPG)

- Playstation 4**
- › **Minecraft: PlayStation 4 Edition** (Action Builder)
  - › **Dragon Quest Builders** (Action Builder)
  - › **LEGO Worlds** (Action Builder)

- Playstation Vita**
- › **LittleBigPlanet: PSVita** (Action Platformer)
  - › **Fez** (Arcade Platformer)
  - › **Minecraft: PlayStation Vita Edition** (Action Builder)

- Mobile iOS**
- › **Minecraft – Pocket Edition** (Action Builder)
  - › **Survivalcraft** (Action Builder)
  - › **Terraria** (Action Builder)

- Mobile Android**
- › **Minecraft – Pocket Edition** (Action Builder)
  - › **Survivalcraft** (Action Builder)
  - › **Terraria** (Action Builder)



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## Recommended Games for 13 and Older

### Nintendo 3DS

- > **Dragon Quest VIII: Journey of the Cursed King** (Classic RPG)
- > **Fire Emblem: Awakening** (Strategy RPG)
- > **Professor Layton vs Phoenix Wright: Ace Attorney** (General Narrative)

### Nintendo Switch

- > **The Legend of Zelda: Breath of the Wild** (General Action)
- > **Shovel Knight: Specter of Torment** (Arcade Platformer)
- > **Has-Been Heroes** (Strategy RPG)

### Xbox One

- > **Ori and the Blind Forest** (Arcade Platformer)
- > **The Witness** (General Narrative)
- > **The Swapper** (General Puzzle)

### Playstation 4

- > **Uncharted 4: A Thief's End** (Action Platformer)
- > **Valkyria Chronicles: Remastered** (Strategy RPG)
- > **Horizon: Zero Dawn** (Action RPG)

### Playstation Vita

- > **Tearaway** (Action Platformer)
- > **Limbo** (Arcade Platformer)
- > **Don't Starve: Giant Edition** (Action Builder)

### Playstation VR

- > **Wayword Sky** (General Puzzle)
- > **Windlands** (Action Platformer)
- > **Psychonauts: In the Rhombus of Ruin** (General Narrative)

### Mobile iOS

- > **Star Wars: Knights of the Old Republic** (Action RPG)
- > **Final Fantasy VI** (Classic RPG)
- > **XCOM: Enemy Unknown** (Turn Based Strategy)

### Mobile Android

- > **Final Fantasy VI** (Classic RPG)
- > **Chrono Trigger** (Classic RPG)
- > **Knights of Pen & Paper +1** (Classic RPG)

# Symptom: Anxiety / Hyperactivity

**Works By:** *Relieving discomfort and stress and promoting a peaceful mood.*

For players prone to anxiety, many games can unfortunately cause more discomfort than relief. The games curated for this category avoid the high-intensity play that define Arcade and Action games and instead focus on gentler experiences that engage a player's critical thinking skills and creativity. Many of them feature soothing music and pleasant visuals to help relax the player. Casual Simulation titles and Puzzle games without time constraints are great choices here.

## Recommended Games for 12 and Under

- Nintendo 3DS**
- > **Nintendogs + Cats: Golden Retriever** (Role Simulation)
  - > **Pushmo** (General Puzzle)
  - > **Animal Crossing: New Leaf** (Role Simulation)

- Nintendo Switch**
- > **Snipperclips: Cut it Out, Together!** (Physics Puzzle)
  - > **I Am Setsuna** (Classic RPG)
  - > **LEGO City Undercover** (General Action)

- Xbox One**
- > **Powerstar Golf** (Golf & Mini-golf)
  - > **Peggle 2** (Classic Arcade Style)
  - > **Unravel** (Arcade Platformer)

- Playstation 4**
- > **Flower** (General Action)
  - > **Peggle 2** (Classic Arcade Style)
  - > **Sound Shapes** (Arcade Platformer)

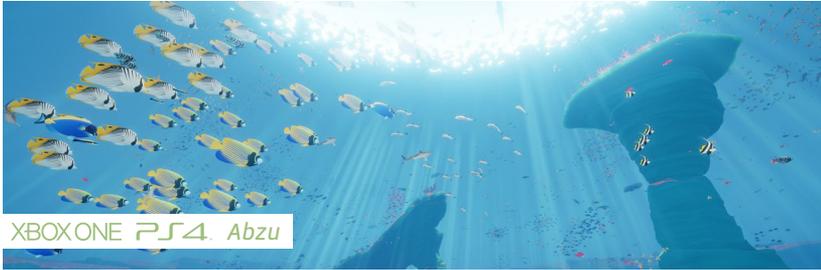
- Playstation Vita**
- > **Fez** (Arcade Platformer)
  - > **Sound Shapes** (Arcade Platformer)
  - > **Hohokum** (General Puzzle)

- Mobile iOS**
- > **Peggle** (Classic Arcade Style)
  - > **Minecraft – Pocket Edition** (Action Builder)
  - > **World of Goo** (Physics Puzzle)

- Mobile Android**
- > **Peggle** (Classic Arcade Style)
  - > **Minecraft – Pocket Edition** (Action Builder)
  - > **World of Goo** (Physics Puzzle)



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## Recommended Games for 13 and Older

### Nintendo 3DS

- > **Poochy & Yoshi's Woolly World** (Arcade Platformer)
- > **Pokemon: Moon/Sun** (Classic RPG)
- > **Colors! 3D** (Painting)

### Nintendo Switch

- > **Snipperclips: Cut it Out, Together!** (Physics Puzzle)
- > **I Am Setsuna** (Classic RPG)
- > **The Legend of Zelda: Breath of the Wild** (General Action)

### Xbox One

- > **The Witness** (General Narrative)
- > **Fantasia: Music Evolved** (Music & Rhythm-Rhythm only)
- > **ABZU** (Action Platformer)

### Playstation 4

- > **The Unfinished Swan** (General Narrative)
- > **Journey** (Action Platformer)
- > **ABZU** (Action Platformer)

### Playstation Vita

- > **Proteus** (General Action)
- > **Hot Shots Golf: World Invitational** (Golf & Mini-golf)
- > **Hatsune Miku: Project Diva: F 2nd** (Rhythm)

### Playstation VR

- > **Wayword Sky** (General Puzzle)
- > **Windlands** (Action Platformer)
- > **Eagle Flight** (Action Racing)

### Mobile iOS

- > **Peggle** (Classic Arcade Style)
- > **Monument Valley** (General Puzzle)
- > **World of Goo** (Physics Puzzle)

### Mobile Android

- > **Peggle** (Classic Arcade Style)
- > **Monument Valley** (General Puzzle)
- > **World of Goo** (Physics Puzzle)

# Symptom: Sadness

**Works By:** *Improving mood and discouraging negative thought patterns.*

These games in the Racing, Matching Puzzle, and Action genres have been selected for both their rewarding gameplay and pleasant overall atmosphere. They feature relatable, charming characters and forgiving difficulty options to keep players from becoming discouraged. Immediacy of gameplay is also a key factor; for players in emotional distress, being engaged by a task can help to alleviate feelings of dread or regret.

## Recommended Games for 12 and Under

- Nintendo 3DS**
- > **Nintendogs + Cats: Golden Retriever** (Role Simulation)
  - > **Super Mario 3D Land** (Action Platformer)
  - > **Poochy & Yoshi's Woolly World** (Arcade Platformer)

- Nintendo Switch**
- > **1-2-Switch** (Mini Game(s)/Party Game)
  - > **Snipperclips: Cut it Out, Together!** (Physics Puzzle)
  - > **LEGO City Undercover** (General Action)

- Xbox One**
- > **Peggle 2** (Classic Arcade Style)
  - > **Overcooked** (Classic Arcade Style)
  - > **Rayman Legends** (Arcade Platformer)

- Playstation 4**
- > **Super Exploding Zoo** (Real Time Strategy)
  - > **Overcooked** (Classic Arcade Style)
  - > **Fez** (Arcade Platformer)

- Playstation Vita**
- > **LittleBigPlanet: PSVita** (Action Platformer)
  - > **Tearaway** (Action Platformer)
  - > **Joe Danger 2: The Movie** (Arcade Platformer)

- Mobile iOS**
- > **Peggle Blast** (Classic Arcade Style)
  - > **Where's My Water?** (Physics Puzzle)
  - > **Angry Birds Action!** (Physics Puzzle)

- Mobile Android**
- > **Peggle Blast** (Classic Arcade Style)
  - > **Where's My Water?** (Physics Puzzle)
  - > **Angry Birds Action!** (Physics Puzzle)



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## Recommended Games for 13 and Older

### Nintendo 3DS

- > **Shovel Knight** (Arcade Platformer)
- > **Donkey Kong Country Returns 3D** (Arcade Platformer)
- > **Hatsune Miku: Project Mirai DX** (Rhythm)

### Nintendo Switch

- > **Snipperclips: Cut it Out, Together!** (Physics Puzzle)
- > **I Am Setsuna** (Classic RPG)
- > **The Legend of Zelda: Breath of the Wild** (General Action)

### Xbox One

- > **OctoDad: Dadliest Catch** (Physics Puzzle)
- > **Shovel Knight** (Arcade Platformer)
- > **LEGO Dimensions** (General Action)

### Playstation 4

- > **OctoDad: Dadliest Catch** (Physics Puzzle)
- > **Guacamelee! Super Turbo Championship Edition** (Arcade Platformer)
- > **Sportsfriends** (Mini-Game(s)/Party Games)

### Playstation Vita

- > **Rayman Origins** (Arcade Platformer)
- > **Shovel Knight** (Arcade Platformer)
- > **Guacamelee!** (Arcade Platformer)

### Playstation VR

- > **Carnival Games VR** (Mini-Game(s)/Party Games)
- > **Job Simulator** (Role Simulation)
- > **Fruit Ninja VR** (Gallery Shooter)

### Mobile iOS

- > **Super Mario Run** (Endless Runner)
- > **World of Goo** (Physics Puzzle)
- > **Plants vs. Zombies** (Tower Defense)

### Mobile Android

- > **Super Mario Run** (Endless Runner)
- > **World of Goo** (Physics Puzzle)
- > **Plants vs. Zombies** (Tower Defense)

# Symptom: Cognitive Impairment

**Works By:** *Offering low-impact entertainment for medicated or cognitively inhibited patients.*

Recommendations for this category offer simplified mechanics and require less of the player than other titles while still remaining interactive and rewarding. These games place an emphasis on play and experimentation as opposed to winning or losing. With intuitive controls and little to no time constraints, players can learn and enjoy the games below regardless of their skill level. Non-linear games without mandatory goals and those that encourage the player to explore are recommended.

## Recommended Games for 12 and Under

- Nintendo 3DS**
- > **Nintendogs + Cats: Golden Retriever** (Role Simulation)
  - > **Colors! 3D** (Painting)
  - > **Pokemon Art Academy** (Painting)

- Nintendo Switch**
- > **Snipperclips: Cut it Out, Together!** (Physics Puzzle)
  - > **LEGO City Undercover** (General Action)
  - > **World of Goo** (Physics Puzzle)

- Xbox One**
- > **Peggle 2** (Classic Arcade Style)
  - > **LEGO Worlds** (Action Builder)
  - > **Rayman Legends** (Arcade Platformer)

- Playstation 4**
- > **Flower** (General Action)
  - > **LEGO Worlds** (Action Builder)
  - > **Journey** (Action Platformer)

- Playstation Vita**
- > **Hot Shots Golf: World Invitational** (Golf & Mini-golf)
  - > **Proteus** (General Action)
  - > **Minecraft: PlayStation Vita Edition** (Action Builder)

- Mobile iOS**
- > **Paper Toss** (Mini-Game(s)/Party Games)
  - > **Pocket Frogs** (Role Simulation)
  - > **Angry Birds** (Physics Puzzle)

- Mobile Android**
- > **Paper Toss** (Mini-Game(s)/Party Games)
  - > **Pocket Frogs** (Role Simulation)
  - > **Angry Birds** (Physics Puzzle)



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## Recommended Games for 13 and Older

### Nintendo 3DS

- > **Animal Crossing: New Leaf** (Role Simulation)
- > **Art of Balance TOUCH!** (Physics Puzzle)
- > **Art Academy: Lessons for Everyone!** (Painting)

### Nintendo Switch

- > **Snipperclips: Cut it Out, Together!** (Physics Puzzle)
- > **LEGO City Undercover** (General Action)
- > **World of Goo** (Physics Puzzle)

### Xbox One

- > **Minecraft: Xbox One Edition** (Action Builder)
- > **ABZU** (Action Platformer)
- > **Pure Pool** (Billiards/Pool)

### Playstation 4

- > **Minecraft: PlayStation 4 Edition** (Action Builder)
- > **The Unfinished Swan** (General Narrative)
- > **The Witness** (General Narrative)

### Playstation Vita

- > **Hustle Kings** (Billiards/Pool)
- > **Rayman Origins** (Arcade Platformer)
- > **Sound Shapes** (Arcade Platformer)

### Playstation VR

- > **Carnival Games VR** (Mini-Game(s)/Party Games)
- > **Windlands** (Action Platformer)
- > **Eagle Flight** (Action Racing)

### Mobile iOS

- > **Windosill** (General Puzzle)
- > **Zen Bound** (General Puzzle)
- > **Flick Home Run!** (Mini-Game(s)/Party Games)

### Mobile Android

- > **Zen Bound 2** (General Puzzle)
- > **Osmos HD** (Physics Puzzle)
- > **Flick Home Run! Baseball Game** (Mini-Game(s)/Party Games)



## ***About Child's Play***

Child's Play is a charitable organization that donates toys and games to children's hospitals all over the world. It was founded in 2003 by Mike Krahulik and Jerry Holkins, authors of the popular computer and video games-based webcomic Penny Arcade. Child's Play seeks to improve the lives of children in hospitals and domestic violence shelters through the generosity and kindness of the video game industry and the power of play. Since its creation, it has raised over 44 million dollars for this cause, benefiting over 250 healthcare facilities worldwide.



## ***About EEDAR***

Founded in 2006 by video game industry veterans and acquired in 2016 by the NPD Group, EEDAR is the largest specialty video game research firm in the world. Leveraging a proprietary database of over 165 million internally researched data points from more than 125,000 physical and digital video game products, EEDAR is the sole provider of end-to-end integrated data analysis solutions that allow for the examination of every factor influencing the success of past, present, and future video game titles.