FUN ACTIVITIES FOR MENTAL HEALTH STIMULATION

Spending time with friends and family is important. However, in this time of COVID-19 pandemic, a lot of the ways in which we would normally connect with others have been limited. But there are online games that can bring families together, children games and games you can play with your friends regardless of the distance. In addition to what you may already have, here below is a list of family friendly or teams games that can get you to the thrill of spending time with others. Under each title, is a link for both Android and IOS, where you can download these games for free.

Family Games

Who Can’t Draw – Party Game

‘Who Can’t Draw’ is a unique digital take on the popular game ‘broken telephone’. Large families will especially have a delightful time with this game, which follows a philosophy of ‘the more the merrier’. These are the rules:

1. The first player of the game is given a prompt. This is based on categories chosen and can be anything from occupations to animals. Off this prompt word, the first player is given 15 seconds to draw a visual representation of it.
2. After the time runs down, the device is passed to the next player and **No take backs Allowed**. After being given 5 seconds to see the drawing made by player one, the drawing disappears, and the new player is given another 15 seconds to recreate the drawing.
3. The 2nd player then passes the device on. This process carries itself over till the last person who must guess what the original word prompt was.

This game can have the family distracted and having a blast for hours. There are guaranteed laughs to come from seeing how fast each drawing drifts further from its original intent and meaning!


Charades

Charades is another classic and fun game which has found its way onto the digital world. The rules are simple. A lucky member of the family/team, let us call them person x, stands up and places the phone up on their forehead facing the rest of the family. Based on the category chosen, a word or phrase in that topic will be printed on the screen. Everyone else must try to act out the word or phrase in a way that the person ‘X’ can guess whether it is right. Each right guess is a point for the team. There is a caveat, however, they only have 60 seconds to rack up as many points as possible. This game is an
extremely fun way to pass the time in a way that gets the whole family moving and off their seats. There is even a versus modes where teams can play against each other!


IOS:  https://apps.apple.com/us/app/charades/id653967729

Taboo!

Taboo is a similar game as Charades and can superb fun as the family lounges together. The games premise is based accurately around its name. A word prompt is given as well as well as a list of four words which are ‘taboo’ and cannot be used. The player must then hint towards the rest of the family what the word prompt is. An example of this would be a game played with the prompt of ‘team’ with the taboo words given to be sport, play, national, and together. The player must then try to get the other players to guess the word team without him using any of the mentioned words. Family can play as a group together or for extra thrills play in teams and go round for round. The game even adds extra flexibility with players being able to choose the duration of each round.


IOS:  https://apps.apple.com/us/app/taboo-word-party/id1394301730

King of Opera

King of opera is an innocently competitive arcade game. The game takes its players back to the retro world of opera and song. Up to 4 players compete at the same time to keep the spotlight on them, all the while dodging their rivals’ attempts at knocking them off the stage. Although simple, the game lends itself to hours of playtime due to the sheer excitement of rivaling with family members for the center stage. The controls are straightforward. Each player has a single button on the screen which they use to control their opera singing virtuoso. This button is used both to control the direction and move the body of your avatar around the stage and towards the spotlight. The creative use of game mechanics allows the one button to be sufficient to fully control your avatar. This game is sure to spark fun little rivalries though the family/teams.


Arcade Games to play with your Kids

1.  Badland
Badland is a popular co-op multiplayer game that is great for passing time with kids. From experience, young ones will be glad to spend millennia playing the game which focuses on a bird trying to pass through an assortment of forestry obstacles. One only needs to tap the screen on their allocated side to control the birds’ movement up or down the screen. In multiplayer mode, you can play together with your child and save each other in difficult moments as you maneuver through windmills, levers and much more.


2. Player Games - the challenge

This is another great app for your phone. The beauty of this app is that it has an assortment of simple 2 player games that are easy to learn and play. In fact, children as young as 3 or 4 are certain to quickly learn the dynamics of most of the games. Titles include unique takes on popular games such as Ping pong, Tic tac toe, spin war, as well as the apps own original games including tanks, mini golf, and checkers. It is perfect to play with your children who especially those who need frequently changing sources of stimulation.


Adult Oriented Games

*Chess Play & Learn*

For those looking for a more involving and intellectual pass times, then the answer is chess. The game has a rich history with nobility in the middle ages often finding it as good practice for battle strategy. This application guides the hands of everyone, from novices to veterans. For beginners, it teaches the basics of the game and even has lessons within the app to build skills in game tactics and strategy. For those with a little more experience on their back, they may take a hack at online games and tournaments and play versus equally skilled players across the globe. You can even invite a friend to download the app and have a friendly competition from any point in the world. More so, if you are not ready to commit to a full game, you can take your try at chess puzzles and drills. Whatever it is you are looking for in a chess application, this one is sure not to disappoint.

Checkers

If one is looking for a less complicated tactical game, then checkers would be a good game to try their luck on. Checkers has an even more intriguing history than chess with its original version being played 1000’s of years ago in ancient Egypt, Iraq and the Mediterranean. Though it has a longer history than chess it however has much less rules and moving pieces, making it a good introduction into the world of strategy board games.


Online Games with Family and Friends

Quizup

Quiz games are everywhere. They offer a fun way to both learn new things and have fun competing with family and friends. Quizup does exactly this! It is a quiz game which bridges the social divide caused by quarantine and allows you to let loose and have a fun challenge with your loved ones. This game further caters for everybody’s interest and needs, allowing you to choose questions from a broad list of categories. Everything from Trivia on particular movies to geography and even history is up to play with. Once you have created a profile and chosen a category, you can then go on and challenge your family to a quiizuup game. There is loads of fun to have as you compete for reigning champion.


IOS: https://apps.apple.com/us/app/quizup/id718421443

Scrabble GO

This digital iteration of the popular word game scrabble lives up to the legacy of its board game predecessor. Players take turns to make words on the board based off the 7 letters that are given to them each round. Players go toe to toe and discover who can come up with the biggest and flashiest English words. Of course the more complicated and or rare the word, the more points the player gets. It's tons of fun and the biggest benefit of is that you can connect and play multiple games at once with anyone from around the world. You can even link it to your Facebook and connect with your friends
directly. This way, even if you’re stuck at home you can connect with friends and family who you can’t be physically with at the moment.
