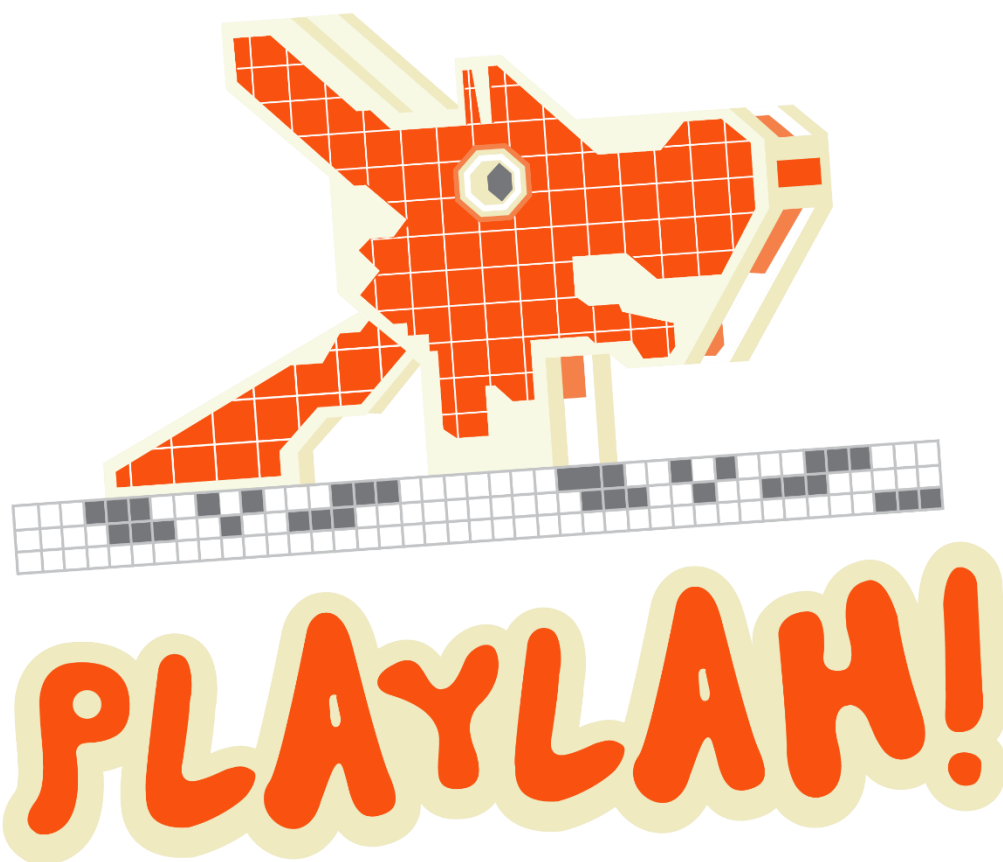


Department of  
Occupational Therapy

# Resource Booklet – Games for Daily Engagement



# Foreword

- The games listed within this resource booklet are in no manner affiliated with Tan Tock Seng Hospital (TTSH), or the Occupational Therapy Department under TTSH.
- Games listed under this resource booklet are suggested as a form of engagement in play and should not be seen as replacement to conventional therapy or indicated to bring about therapeutic results.
- If you would like to find out more about engaging your loved ones within the home or have inquiries about Occupational Therapy, kindly approach your Occupational Therapist for more information.

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- Benefits of Play
- Digital Games
- Card Games
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# Benefits of Play

## Why Should Adults Play?

- 1) Develop better concentration to help you manage your daily activities.
- 2) Increase social connectedness - which means an increased sense of belonging and being able to relate to others.
- 3) Improve the cognitive, emotional, physical, social and spiritual domains of everyday living and your quality of life.
- 4) Facilitates healing, improves morale and increases motivation, which is useful in facilitating healing or the rehabilitation process.






# Benefits of Play

- Increases engagement and motivation
- Enhance learning performance
- Improve memory and retention
- Catalyse (speed up) behavioral changes
- Promote collaboration skills







# Digital Games



Name	Description of play	Therapeutic benefits	Difficulty (1- 5 stars)	Platform available
Active Arcade 	Various mini games included. Uses body motions as game controller.	<ul style="list-style-type: none"> <li>Improves eye hand coordination</li> <li>Helps with limb movements</li> <li>Improves speed and accuracy in responses</li> <li>Cardiovascular endurance</li> </ul>	***	App Store
Attention Test 	Played using a schulte table. Player needs to scan across the grids and tap on the numbers in ascending or descending order.	<ul style="list-style-type: none"> <li>Improves visual attention and train speed of reading</li> </ul>	* to ****	Google Play Store
Balloon Frenzy/ Balloon Pop 	Identify and tap to pop as many balloons as the player can, within a single game.	<ul style="list-style-type: none"> <li>Helps with finger dexterity (coordinated movements of your fingers to grasp or manipulate small items) and motor control</li> <li>Improves eye-hand coordination and eye-tracking</li> <li>Attention training</li> </ul>	**	Google Play Store and App Store




# Digital Games



Name	Description of play	Therapeutic benefits	Difficulty (1- 5 stars)	Platform available
Bowling 3D 	Swipe across the screen with one finger, to swing the bowling ball towards the pin. Aim to get as many pins knocked down as possible.	<ul style="list-style-type: none"> <li>Helps with finger isolation practice and motor control</li> <li>Encourages wrist movements</li> </ul>	*	Google Play Store and App Store
Classic Labyrinth 	Tilt the device with both hands, and try to get the ball across the maze/labyrinth, and into the final pinhole to score points.	<ul style="list-style-type: none"> <li>Helps with bilateral (both sides) upper limb control, wrist &amp; forearm stability</li> <li>Train problem-solving and planning skills</li> </ul>	***	Google Play Store and App Store
Flow Free 	The game requires players to connect same-colored dots together in a single move, without overlapping the other existing connecting lines.	<ul style="list-style-type: none"> <li>Improves visual-spatial training</li> <li>Help with planning and train problem-solving skills</li> </ul>	****	Google Play Store and App Store
Four in a Row 	Line-up discs of the player's own color in a horizontal, vertical or diagonal line. Players drop discs into the grid and try to complete a line of four discs against the opponent.	<ul style="list-style-type: none"> <li>Helps with planning and train problem-solving skills</li> </ul>	***	Google Play Store and App Store

# Digital Games





Name	Description of play	Therapeutic benefits	Difficulty (1- 5 stars)	Platform available
iTrace 	Player will trace their finger along the screen to complete the alphabets as much as possible.	<ul style="list-style-type: none"> <li>Helps with eye-hand coordination and practise finger control</li> </ul>	*	App Store
Lumosity 	A combination of short cognitive games that works on different cognitive aspects, such as memory, information processing speed and more.	<ul style="list-style-type: none"> <li>Improves basic cognitive engagement: memory, information processing speed, problem-solving skills and more</li> </ul>	***	Google Play Store and App Store
Matrix Game 3 	Players need to identify and match symbols/ drawings with corresponding's features in a grid manner.  The aim is to get as many correct pairings as possible.	<ul style="list-style-type: none"> <li>Practise the ability to organise and interpret visual information</li> <li>Attention practice</li> <li>Improve your ability to gauge your body positions in the environment</li> <li>Practise recognising trends and similar features, then sorting them together</li> <li>Helps with planning skills</li> </ul>	***	Google Play Store and App Store




# Digital Games



Name	Description of play	Therapeutic benefits	Difficulty (1- 5 stars)	Platform available
Matches 2 	Match 2 similar cards together and aim to get as many pairs correct as possible.	<ul style="list-style-type: none"> <li>Working memory practice</li> </ul>	* to ***	App Store
Memory Ladder – Memory Trainer 	Memory games targeted towards numbers, names & faces, words, abstract images, historic dates and playing cards.	<ul style="list-style-type: none"> <li>Working memory practice</li> </ul>	* to ***	Google Play Store
Paper Throw 	Swipe across the screen with one finger and aim to toss the paper ball into the basket.	<ul style="list-style-type: none"> <li>Helps with finger isolation practice and motor control training.</li> <li>Encourages wrist movements</li> </ul>	*	Google Play Store and App Store
Tap the Tile Challenge 	Tap on the single tiles whenever it appears on the screen.  3 modes of difficulty are available	<ul style="list-style-type: none"> <li>Helps with finger dexterity and speed training</li> <li>Improve eye-hand coordination</li> <li>Attention training</li> </ul>	*	Google Play Store and App Store
Tic Tac 	Game of Tic-Tact-Toe to be played on a device.	<ul style="list-style-type: none"> <li>Helps with planning and train problem-solving skills</li> </ul>	**	Google Play Store and App Store

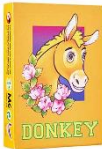
# Card Games



Name	Description of play	Therapeutic benefits	Difficulty (1- 5 stars)	Alternative ways to play the game
A-HAH! Memoritz 	<p><u>Theme:</u> Everyday objects</p> <p>Different ways to play</p> <ol style="list-style-type: none"> <li>1) Matching same cards, faced up or down.</li> <li>2) Matching cards to specific number.</li> <li>3) Conversation starter with cards.</li> <li>4) Forming pairs through linkage.</li> <li>5) Play with the same rules as Donkey/Old Maid</li> </ol>	<ul style="list-style-type: none"> <li>• Identifying and matching cards of the same features</li> <li>• Ability to identify and follow sequencing of the game</li> <li>• Ability to recognise concepts within the game</li> </ul>	*	Reduce number of cards
Chope! 	<p><u>Theme:</u> Singapore hawker culture</p> <p>Players accumulate points by completing as many sets of cards. 1 set includes a table card and a main dish card. Get a side dish card for additional points. Game ends when all cards from the deck has finished.</p>	<ul style="list-style-type: none"> <li>• Requires upper body engagement to perform the "chope" action.</li> <li>• Improves upper body reflexes and speed</li> <li>• Helps with concentration</li> <li>• Helps with planning skills</li> </ul>	****	Matching similar cards  Reduce the speed of the game

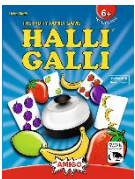

# Card Games



Name	Description of play	Therapeutic benefits	Difficulty (1- 5 stars)	Alternative ways to play the game
<p>Donkey/ Old maid</p>  	<p><u>Theme:</u> Donkey/Old Maid</p> <p>Each player to pick out matching pairs in their deck and display them. Once done, the game continues with the current player taking a random card from the previous player's deck. Matching cards are decked out. The last player with 1 Donkey or old maid card, loses.</p>	<ul style="list-style-type: none"> <li>Identifying and retaining information of card details</li> <li>Ability to identify and match cards of same features</li> </ul>	<p>*</p>	<p>Play matching games</p> <p>Memory games</p>
<p>Guesstures</p> 	<p><u>Theme:</u> Acting and guessing</p> <p>Players are divided into groups. One player will act out cards of different difficulty, remaining players will attempt to guess the word. Group with the highest points win.</p>	<ul style="list-style-type: none"> <li>Improve upper limb and lower limb range of motion</li> <li>Improve speed of reaction time</li> <li>Ability to recognise the words and actions associated with it</li> <li>Planning out the actions to be carried out and executing it</li> </ul>	<p>***</p>	<p>Use only easy cards</p> <p>Remove timing</p> <p>Allow limited description of the word.</p>


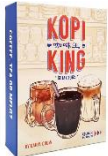
# Card Games



Name	Description of play	Therapeutic benefits	Difficulty (1- 5 stars)	Alternative ways to play the game
Hali Gali 	<p><u>Theme:</u> Fruits</p> <p>Each player will start with a deck of cards facing down. On each turn, players are to open their cards one at a time. When there are 7 of the same kind of fruits, player are to ring the bell in the middle and obtain all the cards on the table. Player with the most cards wins.</p>	<ul style="list-style-type: none"> <li>• Requires upper body movement to press the bell</li> <li>• Improves upper body reflexes and speed</li> <li>• Practise concentration</li> </ul>	**	<p>Removing speed element</p> <p>Each player can get their own bell</p> <p>Limit to 1 type of fruit, or reduce number</p>
Happy DimSum 	<p><u>Theme:</u> Dim Sum</p> <p>Each player are to serve dim-sum cards to other players until they are full.</p> <p>Each player draws 2 card on each turn, and can play up to 3 actions. Last player standing wins.</p>	<ul style="list-style-type: none"> <li>• Identifying and retaining information of card details</li> <li>• Ability to identify and follow sequencing of the game</li> <li>• Ability to recognise concepts within the game</li> <li>• Planning out moves and action plans</li> </ul>	****	<p>Most dim-sum set wins instead of losing</p>

# Card Games



Name	Description of play	Therapeutic benefits le, Physical or cognitive benefits	Difficulty (1- 5 stars)	Alternative ways to play the game
Hua Hee Snap Cards  	<p><u>Theme:</u> Matching</p> <p>Each player will receive a deck of cards. On each turn, players will open their cards at the same time and place it in the middle.</p> <p>When there is a matching pair, players are to say "Snap". Game ends when card runs out and</p>	<ul style="list-style-type: none"> <li>Improves eye hand coordination</li> <li>Improves fine motor dexterity</li> <li>Help with visual scanning skills and expanding the visual field</li> <li>Improves motor planning</li> <li>Identifying and matching cards of the same features</li> </ul>	*	Removal of speed element
Kopi King  	<p><u>Theme:</u> Making local drinks</p> <p>Each player makes 5 different drinks by obtaining the corresponding ingredient cards</p> <p>First player to complete 5 drinks, will shout "kopi king". Player with the most earning wins.</p>	<ul style="list-style-type: none"> <li>Identifying and retaining information of card details</li> <li>Ability to identify and follow sequencing of the game</li> <li>Ability to recognise concepts within the game</li> <li>Planning out moves and action plans</li> </ul>	**	Memory game  Money Calculation  Reminiscence engagement



# Card Games



Name	Description of play	Therapeutic benefits	Difficulty (1- 5 stars)	Alternative ways to play the game
<p>Not Your Ma's Jong</p> 	<p><u>Theme:</u> Mahjong with a twist</p> <p>Players race to make up 3 sets of 3 identical or sequential cards plus one pair of picture cards. Win tokens by completing your hand first. Game ends when one player loses all their tokens</p>	<ul style="list-style-type: none"> <li>• Helps in sequential patterns/colours recognition</li> <li>• Counting cards/tokens</li> <li>• Increases attention span</li> <li>• Improves social interaction</li> <li>• Planning out moves and action plans</li> </ul>	<p>***</p>	<p>Reduce the number of sets to collect.</p> <p>Simplify rules by collecting the same color cards or play the game like snap.</p>
<p>Point Salad</p> 	<p><u>Theme:</u> Fruits and vegetables</p> <p>Each player will achieve points by obtaining fruits/veggie cards with point values. On each turn, each player draw a point card or two veggies from the market. When all cards are drawn, the player with the highest points win.</p>	<ul style="list-style-type: none"> <li>• Identifying and retaining information of card details</li> <li>• Ability to identify and follow sequencing of the game</li> <li>• Ability to recognise concepts within the game</li> <li>• Planning out moves and action plans</li> <li>• Practise calculation</li> </ul>	<p>***</p>	<p>Matching</p> <p>Simplify point system</p>



# Card Games



Name	Description of play	Therapeutic benefits	Difficulty (1- 5 stars)	Alternative ways to play the game
Singaporean Shioh - Say What! Series 	<p><u>Theme:</u> Local Singaporean Food</p> <p>Form 2 teams. Member from first team draws a card and describes picture on the card verbally or through gestures to team members. Team members are to guess card item in 30 seconds. Team with most guesses win.</p>	<ul style="list-style-type: none"> <li>Reminiscence of familiar items meaningful to the individual for engagement</li> </ul>	**	Use cards for story telling
Sushi Go! 	<p><u>Theme:</u> Sushi</p> <p>Each round begins when players simultaneously chose one card from their hand. Each player then pass their remaining hand face-down to player on left. The turn repeats. When the final card of each deck is collected, the round ends. After 3 rounds, player with highest points wins.</p>	<ul style="list-style-type: none"> <li>Identifying and retaining information of card details</li> <li>Ability to identify and follow sequencing of the game</li> <li>Ability to recognise concepts within the game</li> <li>Planning out moves and action plans</li> <li>Retaining visual information of the cards being passed around</li> </ul>	***	Matching similar cards  Reduce number of rounds  Reduce combination

# Card Games





Name	Description of play	Therapeutic benefits	Difficulty (1- 5 stars)	Alternative ways to play the game
<p>The Durian Game</p> 	<p><u>Theme:</u> Durian</p> <p>With all the cards shuffled, players will try to trade their own cards with others and try to get a full set of 1 single type of durian. All players except one would be able to complete their sets at the end.</p>	<ul style="list-style-type: none"> <li>• Recognising patterns and features, then grouping them together</li> <li>• Practise categorisation skills</li> <li>• Practise planning</li> </ul>	*	Matching similar cards
<p>Uno</p> 	<p><u>Theme:</u> Number and colours</p> <p>Each player will start with a hand of 7 cards, with a discard pile in the middle</p> <p>On each turn, each player to play cards that matches the top card on the discard pile by number, color or word.</p> <p>First player to clear their deck wins.</p>	<ul style="list-style-type: none"> <li>• Identifying and recognising colors and numbers on the cards</li> <li>• Ability to identify and follow sequencing of the game</li> <li>• Ability to recognise concepts within the game</li> </ul>	*	<p>Matching similar cards</p> <p>Limit gameplay to only color or number</p>





# Board Games


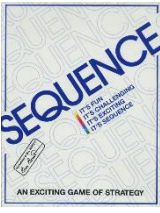


Name	Description of play	Therapeutic benefits	Difficulty (1- 5 stars)	Alternative ways to play the game
Jenga/ Uno 	<p><u>Theme:</u> Blocks</p> <p>On each turn, each player will remove a block from the block tower without collapsing the tower</p>	<ul style="list-style-type: none"> <li>• Improves eye-hand coordination</li> <li>• Improves fine motor dexterity</li> <li>• Improves concentration</li> </ul>	**	<p>Write special action on the blocks.</p> <p>Players to perform the tasks written on the block drawn.</p>
Rummikub 	<p><u>Theme:</u> Matching</p> <p>Each player will receive a handful of tiles. On each turn players can form sets or draw more tiles. The player to use up all their tiles by creating sets wins. Sets can be in groups or runs.</p>	<ul style="list-style-type: none"> <li>• Improves fine motor dexterity</li> <li>• Practise visual scanning skills and expanding the visual field</li> <li>• Improves sequencing ability</li> <li>• Improves pattern recognition</li> <li>• Improves planning</li> </ul>	***	NA



# Board Games



Name	Description of play	Therapeutic benefits	Difficulty (1- 5 stars)	Alternative ways to play the game
Scrabble 	<p><u>Theme:</u> Words</p> <p>Each player starts with 7 letter tiles. On each turn, players are to form words to place on tile. Replenish letters, and to continue forming until unable to. Points are tabulated and player with highest point wins.</p>	<ul style="list-style-type: none"><li>• Improves fine motor dexterity</li><li>• Recognising words and letters</li><li>• Improves language ability</li></ul>	**	Play alone with alphabet tiles laid out in front
Sequence (board game) 	<p><u>Theme:</u> Twist on bingo, number game</p> <p>Players are divided into teams. Using regular playing cards, teams flip up their deck and place a chip on the corresponding picture on the board.</p> <p>Wild cards may add/remove the chips. Fastest team to create the required number of 5-in-a-roll sequences wins</p>	<ul style="list-style-type: none"><li>• Practise visual scanning skills</li><li>• Planning out moves and action plans in strategic manner</li></ul>	**	Remove/add other the wild cards

# General Adaptation of Games

If the game is too difficult for the individual to play, what should we do?

We can first simplify the rules of the game to make it easier to play. For example, in Uno, consider limiting it to only matching the colours instead of both colours and connecting numbers.

We can also play the games we have at home in a different way to engage the individual. Below are some suggestions on how you can adapt the games!

## 1. Matching of similar cards

- Identify and pair matching cards
- Memory training by recalling and matching cards once they are faced down

## 2. Sorting/Categorisation

- Sort cards based on a certain characteristics

## 3. Reminiscence

- Engage conversations with pictures on cards and exploring life history

## 4. "Snap" mode

- To continue to open a deck of cards simultaneously with another player, shout "snap" when both cards that are opened are the same.

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