



## THE IMPORTANCE OF PLAYING INTELLECTUAL GAMES

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**Abstract:** *In this article you will be given information about the importance of playing brain games and their types. Additionally, you will be provided with information about intellectual game in order to practice them and other types of language games to acquire information and learn new languages by online games.*

**Key words:** *improve short memory - term, enhanced mood, improve creativity and mental flexibility, good concentration, mobile learning game.*

Playing brain games is one of the crucial process people do in their daily life. In addition, parents pay attention to increasing brains and memories of their children. Because, young generation gain the main knowledge, making up 75% information until 5 years old. Therefore, parents teach to play simple brain games for their children. If parents pay attention for this, it helps to increase concentration and interests to get knowledge. Most importantly, playing brain games are very important to upbringing creative youth. Engaging in cognitively stimulating activities and brain training over the course of life can positively impact how well your brain functions, including memory attention, thinking, language and increasing skills. You are given extra information for elderly people, despite lack of scientific evidence and experiment, playing online or offline brain games can help maintain or improve brain health. The aim of this article is explained the benefits of playing brain games for people. In addition, you will be given the explanation of one intellectual game. There can be the number of cons of playing brain games such as: firstly, releasing stress and this helps to prevent mental problem caused by stress and nerve, as a result, it provides with enhanced mood. Secondly, you increase memory by playing intellectual games, since brain games raise action of mind in order to develop memory. One of the best benefit is improved focus and concentration and kids will become better at certain thinking and learning skills. The next benefit is improved creativity and mental flexibility, as well as enhanced thinking and reaction time. Finally, playing brain games helps to build self-esteem step by step by losing your fear.

I recommend you online and offline games. This game which is called "Memory" ranks high in the recommended brain games for kids as it helps to improve the memory. The objective of the game is to uncover all the similarly paired flashcards on a grid. A maximum of two cards can be revealed simultaneously after which the picture inscribed on them is hidden. Only if the cards are similar will their picture side be shown permanently. In this way, your child must remember the correct location of the cards to uncover all of them.

Crosswords are one of the most classic brain training games for all ages. These games can help test your vocabulary skills and draw on knowledge from history, science and



popular culture. You can perform crosswords online or through gaming apps or go with the more traditional route, such as printed books or newspapers. Crosswords are often used as a cognitive exercise to delay the onset of dementia, especially when made into a regular habit. Focus on puzzles that are challenging and keep your brain engaged. Because it is possible to strain your brain, limit yourself to one challenging puzzle per day.

Furthermore, there are the number of simple games such as chess, concentration and so on to improve memory. If these games are played per day, it is the best way of brain improvement for all ages people. We are addicted to play intellectual games instead of social medias.

Finally, the world is being developed day by day and the variety of games are created in order to increase knowledge, especially to learn new languages. These ones encourage our vocabularies and pronunciation skill from youth, telling age-appropriate puns will also help foster good humor and creativity in children. Games are essential and easy during learning process and we can know it from the opinion of some famous people: games enable children to develop physically, socially, emotionally and cognitively as well as being enjoyable and fun, either as a competition or cooperation with clearly defined goals and rules (Read, 2007) and games provide a fun and comfortable environment in which learners are more motivated to take risks in language practice (Wright et al., 2006).

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