

BENEFITS OF DOING PUZZLES



Children's
Specialized Hospital®

An RWJBarnabas Health facility

1. DOPAMINE PRODUCTION

SOLVING PUZZLES INCREASES THE PRODUCTION OF DOPAMINE IN THE BRAIN. DOPAMINE IS A NEUROTRANSMITTER, AN IMPORTANT BRAIN CHEMICAL THAT REGULATES SOMEONE'S MOOD. IT IS RESPONSIBLE FOR ALLOWING YOU TO FEEL MOTIVATION, PLEASURE, AND SATISFACTION. THEREFORE, THIS WOULD COME OF GREAT BENEFIT TO CHILDREN WITH BEHAVIORAL ISSUES, AS THEY WILL HAVE A BETTER BALANCE OF DOPAMINE.

2. FOCUS AND CONCENTRATION

PUZZLES ARE THE PERFECT WAY TO BUILD FOCUS AND CONCENTRATION SKILLS IN CHILDREN. PAYING ATTENTION CONSISTS OF BEING ABLE TO CONCENTRATE ON ONE THING FOR AN EXTENDED AMOUNT OF TIME. SELECTING AN AGE-APPROPRIATE PUZZLE IS IMPORTANT, IN ORDER FOR KIDS TO OBTAIN THE FULL ATTENTION ADVANTAGE. IF SOMETHING IS TOO DIFFICULT, THE CHILD CAN BECOME FRUSTRATED AND GIVE UP. SIMILARLY, PUZZLES THAT ARE TOO EASY DO NOT PROVIDE ENOUGH OF A CHALLENGE TO IMPROVE YOUR CHILD'S FOCUS AND CONCENTRATION.

3. SKILL BUILDING

PUZZLES HELP STRENGTHEN A BUNCH OF SKILLS, INCLUDING HAND-EYE COORDINATION, FINE MOTOR ABILITY, SPATIAL AWARENESS, EVEN SELF-ESTEEM, AND SO MUCH MORE. PUZZLE SOLVING ALSO FINE TUNES THE SKILL OF PROBLEM SOLVING. A CHILD WITH BEHAVIORAL ISSUES CAN OFTEN LACK PROBLEM SOLVING SKILLS, AS THEY ARE USUALLY QUICK TO FIND FASTER, MORE INEFFICIENT SOLUTIONS TO ISSUES THEY MAY EXPERIENCE.

4. TEACHES PATIENCE

IT TAKES TIME AND PERSEVERANCE IN ORDER TO SOLVE A PUZZLE, THEREFORE PROMOTING PATIENCE. OBTAINING MORE PATIENCE WOULD BE OF GREAT VALUE TO A CHILD WITH BEHAVIORAL ISSUES, AS MANY BEHAVIOR PROBLEMS CAN EITHER STEM AND/OR INTENSIFY, FROM A LACK OF PATIENCE



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