

# Benefits Of Playing NINTENDO WII Games



Facilitates  
improvement of  
manual dexterity

Encourages  
enhancement of  
motor skills



Instills motivation and  
reduces the pressure  
of performance

Promotes a positive  
attitude toward being  
physically active



Allows the child to  
explore their physical  
abilities in a safe  
environment

Improves hand and  
arm strength and  
range of motion



#### References:

1. Impact of Nintendo Wii Games on Physical Literacy in Children: Motor Skills, Physical Fitness, Activity Behaviors, and Knowledge; National Library of Medicine
2. The healing game: How Nintendo's Wii is making the hard work of physical therapy into child's play; University of Wisconsin-Madison