Menta 50+ Online Game

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Menta 50+ Online Game

What is Menta 50+ Online?
- A virtual community
- House

What about trying it?
1. www.menta.nsinfo.hu/en
2. Choose language
3. Go to Games
4. Register
5. Create your profile
6. Choose a game and Play 😊

A virtual community house

What can be Menta Online used for?
- A networking platform
- A social support system
- A learning tool
- A recreational activity
- A health improvement tool

Prezi
What is Menta 50+ Online?

SERIOUS GAME...
- Serious since it's boring?
- Hopefully not. :) Serious since it's for education and training.

A SUPPLEMENTARY X-BOX / FIT BALL?
- No, actually it's a virtual Fit-box
to be used together with Menta Handbook in adult education promoting mental fitness.

Aims of Menta Online 'Fit-box' Platform
- to provide useful information about keeping the brain fit,
- to inspire adults to fine-tune their cognitive functions by training and gaming,
- to train those specific cognitive functions that decline with age,
- to facilitate facilitators.
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• to **inspire** adults to finetune their cognitive functions by training and gaming,
• to train those **specific** cognitive functions that decline with age,
• to **facilitate** facilitators.
What can be Menta Online used for?

- Source of information
  - Mentally, Physically, Soulfully, Psychologically
  - Balanced lifestyle.

- IT skills upgrading
  - Developing and using IT skills is important as it:
    - keeps the mind up to date
    - connects with the world & younger generations.

- Online Playground for adults
  - Never too old to play...
  - Training by gaming...
  - Gaming for brain training...
  - Shaping for nice and active ageing...
Online Playground for adults

- Never too old to play...
- Training by gaming...
- Gaming for brain shaping...
- Shaping for nice and active ageing...
Source of information

About

Mentally,
Physically,
Soulfully,
Psychologically

Balanced lifestyle.
IT skills upgrading

Developing and using IT skills is important as it:
• keeps the mind up to date
• connects with the world & younger generations.
A virtual community house

Menta Menu
- Psychological background info,
- Links relating to the main topics,
- Hints and Tips for better use,
- Handbook references linking the platform and handbook,
- Personal profile,
- Teacher functions for group work,
- Downloadable documents.
5 Rooms - 5 Topics

MEETING ROOM
GYM
GARDEN
LIBRARY
KITCHEN

10 games
Menta Menu

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Logging in...

- to have a personal profile in a chosen language,
- to become member of a group,
- to play with individual and team games,
- to find your saved images in your profile.
Game types

- quiz
- quiz combined with "online drawing"
- drag and drop
- memory pairing
- board game

Fun facts:
Music, design, language options, links
Library

1. pairing - language
2. drag'n'drop - memory
3. drag'n'drop - creativity
Meeting room

1. board game - quiz
2. drag'n'drop - 'group tree'
Kitchen

1. quiz
2. pairing
3. drag'n'drop design
Garden

1. drag'n'drop - design
Gym

1. pairing - memory
Example: Gym

Generic information

Links / Handbook

http://www.yogajournal.com/article/health/count-yoga
http://www.huffingtonpost.com/2013/05/20/yoga-ol
http://www.youtube.com/watch?v=4Vy3QlZagDw
Example: Gym

Specific information

GYMBO
Gymbo

Hints and Tips

• Ask peers to pair the movement they think is most similar
• Once the symbol/movement association is done, prepare
• Use fix pairs of symbols/movements in the group. Then one creates a chain of movements and presents it to the others. can also work the other way round, presenting the chain and needs to decode it to movements. Could link well to body
• Use music (different styles, rhythm) to make the exercise

Day in the Handbook
The Game in this module trains your coordination, balance and accomplishing the postures increasingly well. The physical act skills. Performance can be raised through self-awareness and other issues (anxiety, willingness to do the exercises), certain medical conditions (exhaustion, sleep deprivation) and also by certain diseases. By physical- and mental- but also your social well-being.
GYMBO

Game information

Example: Gym

Generic information

Links / Handbook

Gym

Hints and Tips

"I" appetizer

We all know memory cards. Have you ever danced or moved guided by them? Moving with enthusiasm and working out happily can be fun, even more when it's stimulating our mind. Combine the movement with a symbol/sketch, memorize it, then just follow the rhythm of the move. Dance moving your hands as vigorously as you can.
What more
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