GAME ON:
Gamification in Health Education
Intro

Carrot New York
Impact Through Education

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Applied Curiosity Research
Start With The Why

- **97%** of kids age 12-17 play video games
- Best practices in nutrition education
  - Consequences
  - Comparisons
  - Alternatives
  - Hands-On experiences
  - Relevance
- Enhancement of motivation and engagement in learning tasks (Ott & Tavella, 2009) is the main driver for adoption of gamification techniques. It has the potential of making learning **more attractive, captivating, and ultimately effective.**
Quick Poll

https://goo.gl/forms/O3h3f1Cfh3yg67hL2

www.todaysmeet.com/gameon
Definition of Gamification

The use of **game elements** and game design in non-game contexts.

**Game elements**: Earning points, leveling up, time limits, collecting, badges, goals, rewards, quests, gifting, leaderboards, teams.
Gamified?

What examples of gamification have you seen or used in your own experiences online or offline?

www.todaysmeet.com/gameon
# Game design and Instructional Planning

<table>
<thead>
<tr>
<th>Game Design Principle</th>
<th>Applied in Instructional Planning</th>
</tr>
</thead>
<tbody>
<tr>
<td>What is the goal that must be achieved?</td>
<td>Class Goal, Individual Goal, Project, points</td>
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<tr>
<td><em>Player Journey and tasks along the way</em></td>
<td>Badges, weekly milestones</td>
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<tr>
<td>On-Boarding</td>
<td>Easy wins</td>
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<tr>
<td>Protection from adverse consequences</td>
<td>Ways to catch back up</td>
</tr>
<tr>
<td>Choice, autonomy</td>
<td>Student-Centered</td>
</tr>
<tr>
<td>Affiliation with others</td>
<td>Teamwork, collaboration</td>
</tr>
<tr>
<td>Elements of surprise</td>
<td>New challenges, consequences</td>
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</tbody>
</table>
**MythBusters**

How many hours do high schoolers spend playing video games each week?

4  6.5  8  10

What % of children ages 6-18 consume too much sodium each day?

25%  45%  70%  90%

What % of US students in grades 6-12 report being bullied at school?

10%  19%  28%  44%
Examples of Gamification in Health Education

Supertracker
Scavenger Hunts
Quest
Contests
Myth Busters
Have kids create their own games

Choose your own adventure-Inklewriter, Google Forms
Warm-up/physical activity games
In Common
Resources for Game Based Learning

**Tools**
- Kahoot
- ClassCraft
- Class Dojo
- GooseChase EDU
- Class Badges
- 3-D GameLab

**Websites**
- Healthy Eating.org
- Games for Change.org
- Fred Rogers Center.org
- Everyday Grooves, Go Nini, etc.

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Create your own

Choose a topic in health education.

Identify ways to incorporate gamification principles or game based learning.

Share with the group.
## Gamified pitfalls

<table>
<thead>
<tr>
<th>Potential Challenges</th>
<th>Ways to Overcome</th>
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<tbody>
<tr>
<td>Motivation</td>
<td>Focus on long term benefits in instruction, use game principles on a short term basis</td>
</tr>
<tr>
<td>Rewards</td>
<td>Sporadic and short term</td>
</tr>
<tr>
<td>Leadership Boards</td>
<td>Individual competition, team based, points for encouraging your teammates to accomplish something as well, or optional, aliases, varieties of ways to win points (exercising, drinking water, eating veggies, find a cook a health recipe, share a tip with others, visiting a new park, making a healthier choice for lunch, ride your bike/walk to school, etc.)</td>
</tr>
</tbody>
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