

## Problems and solutions

\*) Sitting in one place for a long time doing mental work - no physical activity makes me sad

Solution - use game design - rewards, setting goals etc.

\*) I forgot to carry my umbrella and then got wet in the rain.

Solution - Check the weather and ask you if you have taken the umbrella.

\*) Lara, a student who had difficulty in reading. She was in 5th grad and was feeling terribly underconfident because she couldn't read.

Solution - Phonics dictionary

\*) Sitting on the bed and working is a habit which could create health problems in the future.

Solution - game design around getting rewarded by other people for ~~correcting~~ correct working habits.