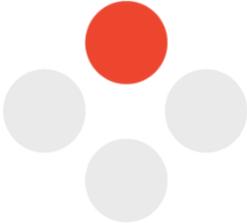
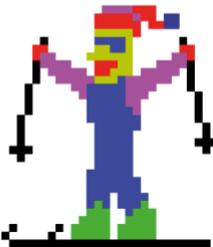
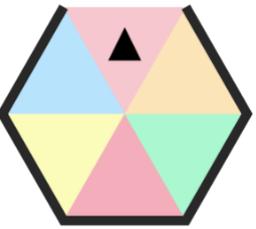
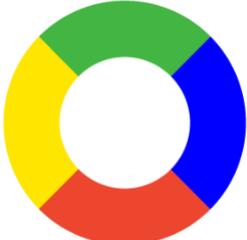
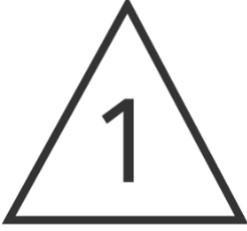


Dividat SENSO Games

Game	Main function	Training target	Task
Simple 	Attentional focus and psychomotor processing speed	The training game "Simple" trains the attentional focus - the ability to concentrate and focus on stimuli. It also trains the psychomotor processing speed and responsiveness, i.e. to process and react to sensory stimuli as quickly as possible.	<i>Below are four circles. One of them will turn red. As soon as a circle turns red, take a step in that direction as quickly as possible.</i>
Birds 	Selective attention	The training game "Birds" trains selective attention - the ability to react to certain (relevant) stimuli and to be able to ignore others (irrelevant).	<i>Return the feather in the middle to the correct bird. To do this, take a step to the bird that matches the displayed feather. Take the steps as quickly as possible.</i>
Ski 	Balance control and shift	The training game "Ski" trains the ability to control the balance as well to targeted shift the center of gravity.	<i>Control the skier by shifting your weight. Avoid trees, stones and snow monsters!</i>

<p>Hexagon</p> 	<p>Visuo-spatial orientation and ability to mentally rotate</p>	<p>The training game "Hexagon" trains spatial cognition, visuo-spatial thinking and orientation and the ability to mentally rotate.</p>	<p><i>Dodge the walls of the hexagon with steps to the left and right.</i></p>
<p>Targets</p> 	<p>Forward thinking, anticipation and timing</p>	<p>The training game "Targets" trains forward thinking and targeted reacting with correct timing.</p>	<p><i>Hit the flying balls in the middle of the targets with one step in the respective direction.</i></p>
<p>Divided</p> 	<p>Divided attention</p>	<p>The training game "Divided" trains the divided attention - the ability to process and react to several stimuli simultaneously, especially when the stimuli are presented in different modalities (visual, auditory, tactile).</p>	<p><i>Below are four circles. One of them will turn red. As soon as a circle turns red, take a step in that direction as quickly as possible. You will also hear sounds. With a high tone you take a step forward, with a low tone you take a step backwards.</i></p>
<p>Simon</p> 	<p>Short-term memory/memory span</p>	<p>The training game "Simon" trains the short-term memory - the ability to remember information (e.g. sequences) at short notice.</p>	<p><i>In the following, a tone is assigned to each answer key/step direction. You will be shown a sequence of steps/tones, which you must copy in the correct order. The sequence of steps/tones begins with one element and will then become longer and longer. If you make a mistake, a new sequence begins (start with one element).</i></p>

<p>Flexi</p> 	<p>Cognitive flexibility</p>	<p>The training game "Flexi" trains cognitive flexibility - the ability to switch flexibly between stimuli and concepts.</p>	<p><i>A: There is a number in the middle of the screen. In addition, other numbers appear around. Your task is, starting from the number in the middle, to take a step in the direction of the next higher number.</i> <i>B: In addition, a figure appears around the number. A step must be taken in the direction of the next higher number with the opposite pattern.</i></p>
<p>Snake</p> 	<p>Action planning and visuo-spatial orientation</p>	<p>The training game "Snake" trains action planning as well as the ability to orient yourself in a room (2D).</p>	<p><i>In the following you control a white "snake" with your feet, the snake moves on the screen. You should guide the snake to "eat" the red square. Your goal is to feed your snake with as many squares as possible so that it gets longer and longer. The snake can also move beyond the edge of the screen.</i></p>
<p>Habitats</p> 	<p>Selective attention and inhibition</p>	<p>The training game "Habitats" trains selective attention - the ability to react to certain stimuli and to be able to ignore other stimuli. Provoked reactions must be suppressed.</p>	<p><i>Animals move across the four landscapes in the picture. If an animal does not appear in its usual environment, take a step in this direction. Do not try to disturb animals in their natural habitat.</i></p>

<p>Rocket</p> 	<p>Cardiovascular system</p>	<p>The training game "Rocket" trains the cardiovascular system through short, high-intensity stepping sessions.</p>	<p><i>Take steps on the training plate to fly the rocket through the universe. A green arrow in front of the rocket indicates that you should increase your stepping speed. A red bar behind the rocket indicates that you are too fast and should slow down your stepping speed.</i></p>
<p>Tetris</p> 	<p>Forward thinking and action planning, visuo-spatial orientation and ability to mentally rotate</p>	<p>The training game «Tetris» trains forward thinking and action planning, visual-spatial orientation and the mental ability to rotate.</p>	<p><i>The stones falling individually from the upper edge of the playing field must be rotated by steps in the respective direction by 90 degrees (forward step) and moved (step to the left or right), so that horizontal rows are created that are as complete as possible at the bottom. As soon as a row is completed, it disappears. All rows above move down and free up part of the field. For the simultaneous deletion of several rows, the player receives a higher score per row than for a single one.</i></p>
<p>Cloudy</p> 	<p>Static balance and fine adjustment, basic attentional functions</p>	<p>The training game "Cloudy" trains static balance and fine adjustment of movement control. It requires the targeted and controlled shifting of the body's center of gravity. Moreover, basic attentional functions are trained.</p>	<p><i>Water the thirsty flowers. Move the rain cloud over the flower pots by taking steps to the right or left side. Be careful with the steps, a light tap is enough. Tip: Try to water the bonus flower, which is shown below.</i></p>

<p>Scooper</p> 	<p>Dynamic balance, attentional functions</p>	<p>The training game "Scooper" trains various aspects of coordination and balance as well as cognition.</p> <p>Motor functions: dynamic balance and coordination of the lower extremities (based on the processes of daily walking), goal-oriented movement in space</p> <p>Cognitive functions: in addition to basic attention, the game requires simultaneous processing of a relatively complex virtual environment with multiple target stimuli, higher brain functions are required</p>	<p><i>Harvest the vegetables in the garden and weed using the shovel. By walking around on the plate, you move the shovel to the place where the vegetables or weeds are.</i></p> <p>Vegetables: Remain on the vegetables until they are harvested.</p> <p>Weeds: Jump on the weeds until they disappear.</p> <p><i>Tip: Try to harvest the bonus vegetables, which are shown below.</i></p>
<p>Flaneur</p> 	<p>Endurance, basic attentional functions</p>	<p>The training game "Flaneur" is a simple endurance training. A movement input in form of steps is requested over a defined period of time. Walking is an accessible way of getting people to move. In the form of dynamic video routes, the user is offered the most realistic and stimulating environment possible.</p>	<p><i>Stand hip-width apart on the plate and take steps on the training area to be able to walk through Zurich. The faster the steps are, the faster you will also move through the area.</i></p>