

# What the Research Shows About Video Games, Creativity, Problem Solving, and Social Skills

Our team at South County Children and Family Consultants has found that many of the children we work with who have learning and attention issues are highly creative. Creativity comes in many forms. One of the ways that parents can encourage their kids to be creative is to leverage their video game play to think about and try new things.

Video games are a modern platform that provides a host of opportunities to practice abilities such as creativity, problem-solving, and social skills. There is a wealth of research suggesting that games and technology can improve these skills. Some of the most interesting research about video games indicates that [digital natives](#) are more creative, engage in more social interactions, and are more innovative in their problem-solving than previous cohorts raised in the 70s and 80s.



The ability of video games to enhance creativity, problem-solving, and social skills is quite reasonable when considering them as a twenty-first century form of children's play. Play is known to be [one of the most holistically beneficial activities children can do](#) that support their overall development. Video game play in particular often offers unique opportunities for children to think expansively. At LearningWorks for Kids, we support digital play as an

essential part of a healthy [Play Diet](#), and with such a vast array of beautifully created video games out there, there are endless possibilities for children to explore. For example, most board games have only one level to play, while video games provide numerous levels, challenges, and characters within each game. Even beyond gaming, a child interested in art may have limited materials accessible, such as paper, pencils, crayons, and markers, but a digital artist can utilize programs such as Procreate, Photoshop, or [other sites](#) to explore endless textures, layers, colors, and effects, with the freedom to make mistakes and changes before settling on something they like.

That all sounds nice, but what does the research actually say? In this review of current research on video games, creativity, problem-solving, and social skills, you can read about the following topics:

[Creativity](#) – Learn how modern kids are getting more creative than previous generations.

[Problem-solving](#) – Learn how video games and apps can help children practice problem-solving skills and apply them throughout life.

[Social skills](#)– Learn about the highly social nature of video games and how they provide opportunities for anxious and withdrawn children to engage.