



**GAMES FOR HEALTH EUROPE  
2025**

**DISCLOSURE SLIDE**  
for presentations at the

**GAMES FOR HEALTH EUROPE 2025** CONFERENCE

I herewith confirm that there is not any conflict of interest with the conference organization or any of its sponsors.

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# How to understand and transform a challenging behavior at school?

Līga Bērziņa



# Briefly about me

- 19 years in Health and safety field
- Mother of three kids 😊
- 11 years in Autism field *(member of executive committee Autism Europe, leader of Latvian Autism Association)*

## Education:

- Bachelor's in Communication,
- Master's in Functional Design,
- miniMBA in Digital Transformation.



# Health and Safety gamification is simple...

- **Rule Overload Is Your Friend** – H&S is about following a million tiny regulations – just slap on some badges and achievements.
- **It's All Algorithm, Baby** – If your rules can be written in bullet points that means there's a built-in “game script”.
- **They're Paid to Listen – So Let's Make It Fun** – Might as well award them “Safety Hero” status for not falling asleep halfway through.
- **Better Than a Trip to the ER** – Because nothing kills the mood like an actual workplace accident.

8 years ago...

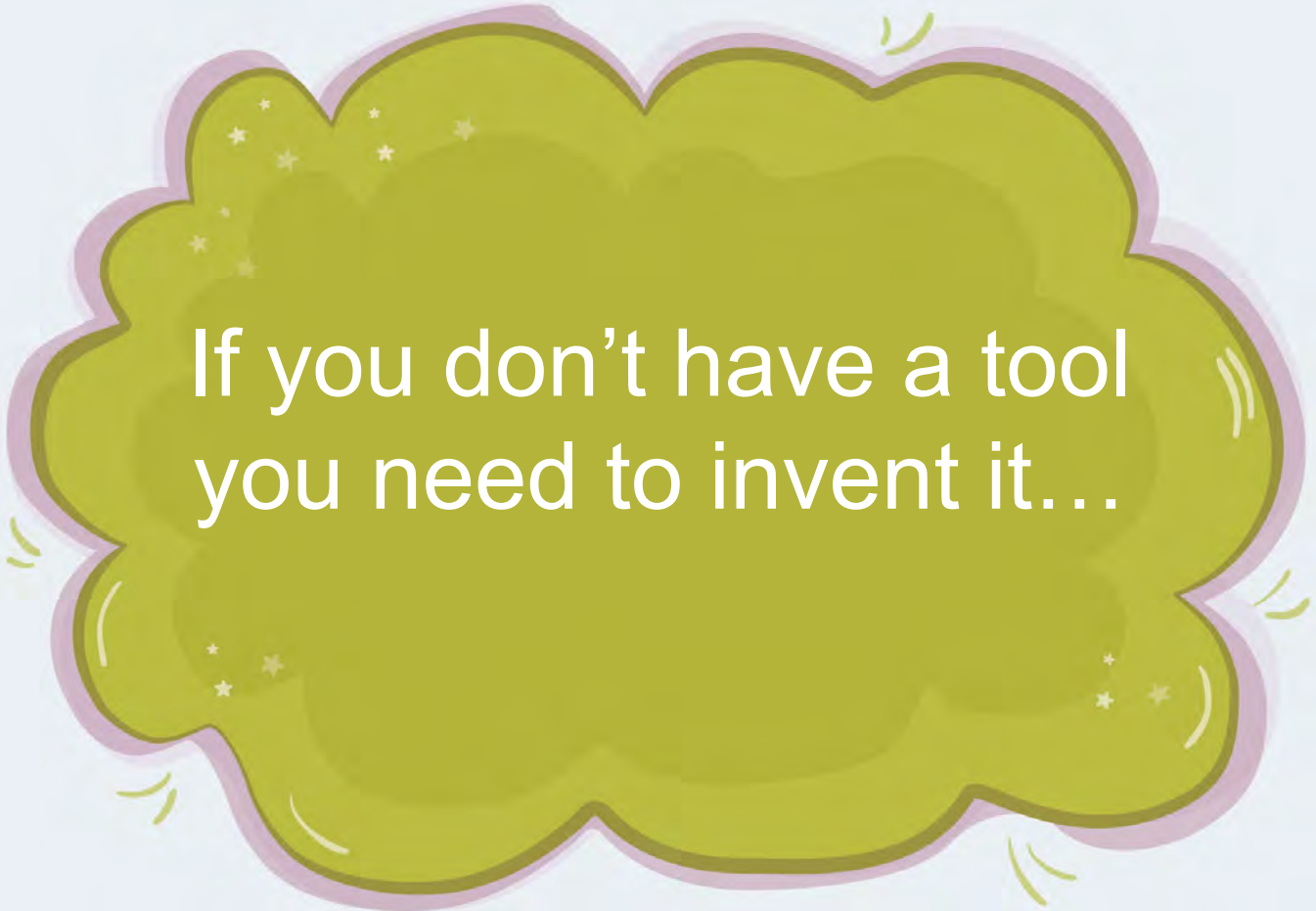
After two days the  
incident happened  
again...





Investigation showed a surprising discovery – there aren't any tools for intervention in schools






If you don't have a tool  
you need to invent it...



As a result of a good  
intervention,  
the kids should have  
**MORE**  
possible courses of action  
than they had before



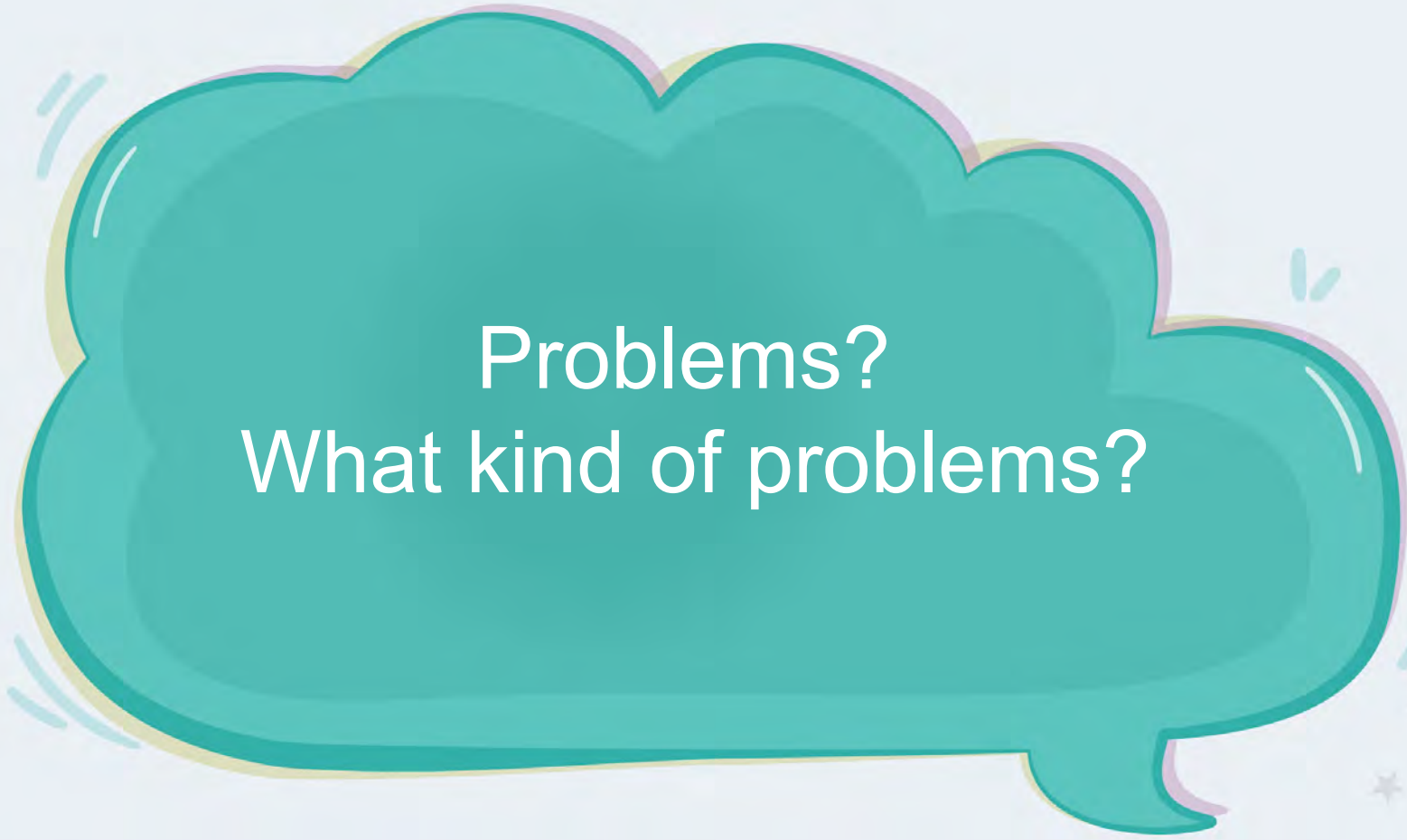


We opened the conflict  
resolution and  
cognitive-behavioral  
research books

# Adapted STOMP approach “Calm Down, Think, Talk, Act”

demonstrated a 25% reduction in impulsive conflict escalation among participants, suggesting that pausing to regulate emotions before engaging in dialogue is a critical evidence-based step toward more effective problem-solving.”

Morgan and Lee (2019)



Problems?  
What kind of problems?





# Anger at school

Some older students took your money.



Someone is calling you names.



Someone said that your phone is really old, and everyone started laughing at you.





# Anger at home

Your parents  
are fighting.



Someone wants  
to watch a movie  
that you really  
don't like.



You took your parents'  
phone without  
permission, and it  
fell on the ground  
and broke.



You got a gift  
you don't like  
for your birthday.



# How does it usually happen?

- **ACT**
- TALK
- THINK
- CALM DOWN



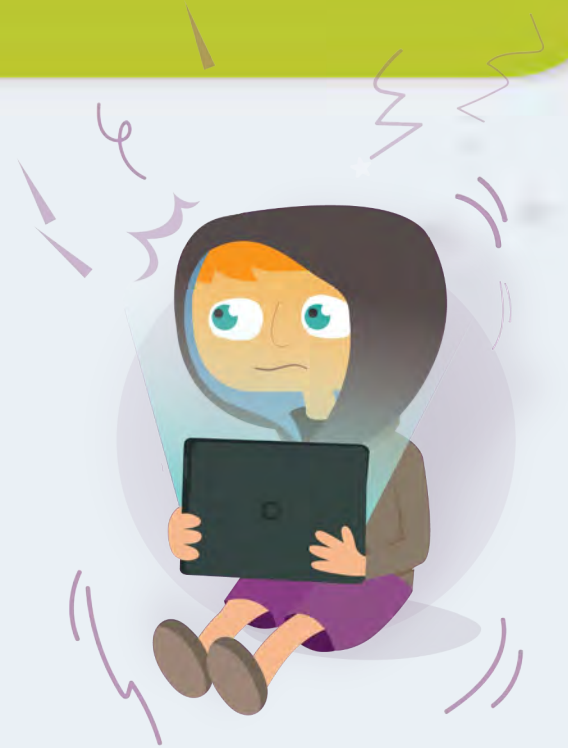
# How does it usually happen?

- ACT
- **TALK**
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# How does it usually happen?

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# How does it usually happen?

- ACT
- TALK
- THINK
- **CALM DOWN**



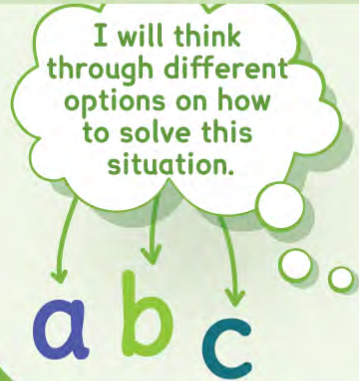
# STOMP offers a different sequence

I WILL CALM DOWN!



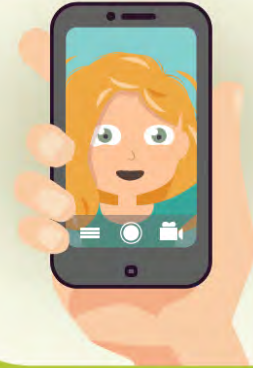
I will drink some water.

I WILL THINK!



I will consider different solutions.

I WILL TALK



I will call a friend.

I WILL DO SOMETHING!



I will talk to the teacher.





Excellent tool for teaching children socio-emotional skills and finding solutions to stressful everyday situations.



# ANGER MANAGEMENT GAME

SOLVING SIMPLE AND COMPLICATED SITUATIONS AT SCHOOL AND IN EVERYDAY LIFE

Anger at school

Various solutions!

Anger at home

30 situation cards

60 anger management cards

30 situation cards



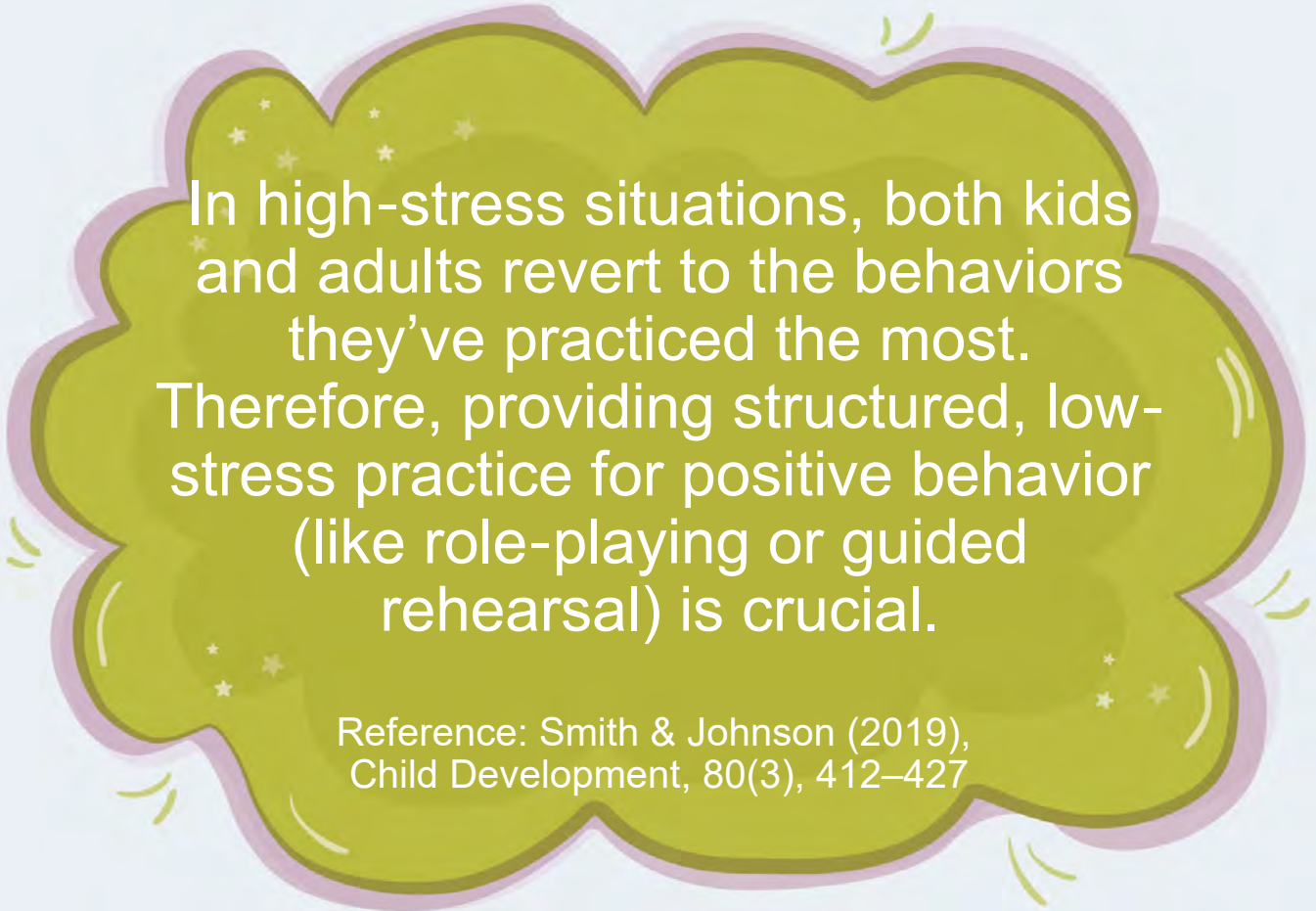
- calming down
- thinking
- social skills
- problem-solving



Play:

individually, with 2 players, in groups,  
 in the classroom or during a consultation at school or at home

MADE IN  
LATVIA!



In high-stress situations, both kids and adults revert to the behaviors they've practiced the most. Therefore, providing structured, low-stress practice for positive behavior (like role-playing or guided rehearsal) is crucial.

Reference: Smith & Johnson (2019),  
Child Development, 80(3), 412–427

# You can use the game

- Individually
- In conflicting groups
- For the whole classroom



# Group





# Classroom



Theories are made to be  
brought to life.  
Just gamify them!







ES DRAUDZĒŠOS!

Pledod!

Atvaino



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