

## **ONLINE-GAMES FOR THE DEVELOPMENT OF EMOTIONAL INTELLIGENCE**

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Emotional intelligence is the ability to understand and manage emotions. This is an important personal quality of a modern person who strives to achieve success in life (Mayer et al., 2016).

Modern scientists believe that in the conditions of the spread of information and communication technologies, online games are the most optimal means of developing emotional intelligence (Santos et al., 2021).

We will briefly describe modern online games that can be used to develop emotional intelligence:

1. «Emotionary». This online game aims to develop the ability to recognize emotions. The player must identify the emotion shown by the face of the character in the online game.
2. «Empathy Toy». This game greatly helps players develop their empathy and general social skills. The game is an interactive toy set that is used to understand the emotions and feelings of other players.
3. «Mindful Powers». This game contains a series of interactive challenges that help players develop emotional self-regulation skills.
4. «Gratitude Garden». This game is a virtual garden and can contribute to the development of players' self-motivation and their positive thinking.
5. «The Sims» (2000; 2003). This is a video game in the genre of life simulator. Its content is to develop the skills of managing the emotions of others - the player controls the life of sims and their mood (if a sim is happy - a green crystal lights up next to him).
6. «S.T.A.L.K.E.R.» (2007; 2008; 2009). It is a series of video games that contain elements of role-playing games. Completing tasks during the game will help you reflect on your own emotional experiences.
7. «Cosmic Kids Yoga». This game contains a series of practical yoga exercises that can be used not only for children. Persons of a more mature age can also use the exercises of this game to develop concentration on emotional states, their awareness.

You can also use an online game based on artificial intelligence: «Never Mind» (2015) to develop components of emotional intelligence. This game gives you the opportunity to manage your own anxieties and fears. The essence of the game is to identify with the central character, who has traumatic memories. Successfully overcoming fears leads to a positive change in the scenario and resolution of the characters' problems. This game uses markers and sensors to monitor the emotional state of the players. All these games can be found on websites on the Internet. These games promote the development of emotional intelligence and its components, as well as develop the social skills of the players and improve the mood.

### References

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