

Core Skills Analysis

Psychology

- Understanding of mental health themes portrayed in the game, including depression and anxiety.
- Ability to empathize with characters who exhibit emotional struggles, enhancing emotional intelligence.
- Recognition of how video games can serve as platforms for discussing serious topics.
- Insight into the impact of storytelling on personal perception of mental health issues.

Literature

- Development of narrative comprehension skills through engaging with the game's story.
- Analysis of character development and the significance of choices within the plot.
- Exploration of themes such as friendship, loss, and identity, which parallels traditional literature studies.
- Encouragement to critically evaluate different storytelling methods in video games versus books.

Art

- Exposure to unique artistic styles that influence emotional responses to visual storytelling.
- Exploration of character design and environment art as a means of enhancing narrative.
- Understanding of how art can communicate feelings and themes without the use of words.
- Encouragement to create personal art inspired by the emotional landscapes encountered in the game.

Tips

Further exploration could include researching video games as therapeutic tools, examining their potential to facilitate discussions around mental health, and investigating how interactive narratives can affect player experiences. Improvement efforts might focus on engaging with peer discussions about emotional themes or venturing into creating personal stories inspired by games like Omori.

Book Recommendations

- [The Perks of Being a Wallflower](#) by Stephen Chbosky: A coming-of-age novel that explores themes of mental health, friendship, and self-discovery.
- [A Monster Calls](#) by Patrick Ness: A powerful novel about grief, loss, and healing told through the lens of a young boy.
- [Twig](#) by Aura Parker: A beautifully illustrated story addressing friendship and self-acceptance tailored for younger audiences.