

Evidence-based Nintendo Switch games that can build real-life skills

A00

Research approach

This report treats "life skill improvement" as either (a) direct skill practice inside the software (for example, drawing tools or music production workflows), (b) transferable training that has some peer-reviewed support at the level of game mechanics or intervention studies, or (c) credible wellbeing effects (for example, stress reduction and positive affect), with an emphasis on being explicit about what is evidence-backed vs what is plausible but not proven. ¹

To avoid the "everything trains something" trap, the selection bias here is toward titles that do at least one of the following: require structured practice with feedback loops, encode an actual domain model (for example, dataflow graphs, automation pipelines, musical sequencing), or reliably drive repeated sessions (habit formation) without relying on attention farming. This is aligned with findings that training-related transfer is better predicted by gameplay features and demands than by broad genre labels. ²

The primary verification source for whether a title is on Nintendo Switch, and for core feature claims, is the official Nintendo product listing when available (release date, supported modes, and the publisher-provided software description). ³

B00

Evidence model for "skill transfer" and what counts as proof

The cognitive science literature distinguishes between "near transfer" (getting better at tasks very similar to what you trained) and "far transfer" (measurable improvement in broader, real-world abilities). A major critique of many training programs is that far transfer is often weak or absent, even when near transfer is strong. ⁴

At the same time, meta-analytic work suggests some commercial-style video game interventions can yield measurable cognitive gains, and that transfer is sensitive to the specific demands imposed by the game (for example, attentional load, movement perspective, and control constraints). ⁵

For wellbeing and mental health benefits, the evidentiary bar is different: even small average effects can be meaningful if a game reliably supports stress relief, mood improvement, or adherence to healthy routines. For example, a Royal Society Open Science study merged objective play telemetry (from EA and Nintendo of America) with survey measures and found a small positive relation between play time and affective wellbeing in surveyed players of a life-sim title and a shooter. ⁶

For "serious games" aimed at anxiety relief, systematic review and meta-analysis work exists, but the evidence base is heterogeneous and depends heavily on design quality and study methods. ⁷

For physical skill and health outcomes, exergaming has a stronger clinical evidence tradition than most "brain training" claims. Systematic reviews and meta-analyses report benefits of exergames on balance and mobility in older adults, and more recent overviews continue to synthesize evidence for physical performance outcomes. ⁸

Practical grading used in the catalog below:

"Evidence A" means explicit skill practice is built into the software (for example, drawing studio, music production, programming environment), or there is direct measurement evidence in the specific domain (for example, energy expenditure validation for an exergame). ⁹

"Evidence B" means the game is designed around skill-relevant drills, feedback, repetition, or structured routines, with supportive research at the level of category or mechanics (for example, exergame reviews; cognitive intervention meta-analyses). ¹⁰

"Evidence C" means plausibly skill-relevant, but evidence is mostly indirect (for example, narrative or cozy games for relaxation; management games for planning), so the recommendation is to treat these as "worth trying" rather than "proven." ¹¹

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Curated catalog of Nintendo Switch games with high skill relevance

This catalog is intentionally biased toward titles with official listings and clear mechanical links to skill practice. Many of these are "tools disguised as games" (creation environments) or "practice loops" (fitness, procedural reasoning), which gives them a more defensible skill story than most general entertainment titles. ¹²

Creative production and maker skills (art, music, design, build)

Game	Skill(s) trained	Why this is skill-relevant	Evidence grade	Key sources
Game Builder Garage ¹³	Visual programming, game design thinking	Guided lessons plus free programming mode; core workflow is connecting functional nodes ("Nodon") to build interactive systems.	A	Official product description emphasizes learning basics of game design and visual programming. ¹⁴
FUZE4 Nintendo Switch ¹⁵	Text-based programming, scripting, building small projects	Includes tutorials, programmer reference, and built-in editors (tile maps, sprites, synth). This is closer to a lightweight IDE than a puzzle game.	A	Nintendo listing describes the tutorials and reference documentation. ¹⁶

Game	Skill(s) trained	Why this is skill-relevant	Evidence grade	Key sources
Colors Live ¹⁷	Drawing fundamentals, digital art workflow	Multi-brush and layering workflow; built around daily practice and sharing; supports pressure-sensitive pen accessory.	A	Nintendo listing describes it as a portable art studio with brushes, layers, and community sharing. ¹⁸
KORG Gadget for Nintendo Switch ¹⁹	Music composition, sequencing, DAW literacy	A full music creation environment (game-like DAW) with instrument gadgets and collaborative mode; motion controls map to performance gestures.	A	Nintendo listing and KORG description both frame it as music creation software with an intuitive workflow. ²⁰
PIANISTA ²¹	Rhythm timing, musical pattern recognition	Structured piano-music performance modes; supports duet play; includes composer/song library context.	B	Nintendo listing describes performance modes and a library of composers and songs. ²²
Taiko no Tatsujin: Rhythm Festival ²³	Rhythm timing, coordination, deliberate practice	Large song set, practice support, and online competition can drive repetition and measurable improvement in timing accuracy.	B	Nintendo listing mentions skill improvement support and a large included song list. ²⁴
Super Mario Maker 2 ²⁵	Level design, iterative prototyping, feedback cycles	Core loop is build-test-share: course construction tools, a story mode for examples, and large-scale sharing and remixing behaviors.	A	Nintendo listing emphasizes create and share courses, plus building cooperatively. ²⁶
Minecraft: Nintendo Switch Edition ²⁷	Spatial reasoning, creative building, systems thinking	Sandbox construction and resource systems support planning and experimentation; Switch portability increases "practice time" opportunities.	B	Contemporary coverage and official platform trailers confirm Switch availability and core appeal. ²⁸

Game	Skill(s) trained	Why this is skill-relevant	Evidence grade	Key sources
Guitar ²⁹	Basic chord/strum timing concepts, hand-eye coordination	Presents simplified "learn and play" modes with touch and Joy-Con input. Treat as introductory and motivation-driven.	C	Nintendo listing explicitly positions it as a learn-to-play guitar app and mentions coordination improvement. ³⁰

Computational thinking, programming logic, and systems reasoning

Game	Skill(s) trained	Why this is skill-relevant	Evidence grade	Key sources
Human Resource Machine ³¹	Algorithmic thinking, debugging, sequencing	Directly frames itself as programming puzzles; encourages iteration and optimization, including extra challenges for experienced players.	A	Nintendo listing describes "automate by programming" and frames programming as logical puzzle solving. ³²
7 Billion Humans ³³	Parallel thinking, constraints, optimization	Builds on programming-puzzle format with multiple agents running programs simultaneously, forcing decomposition and concurrency reasoning.	A	Nintendo listing describes 60+ programming puzzle levels and a new language for multiple workers. ³⁴
while True: learn() ³⁵	Conceptual ML literacy, dataflow reasoning	A visual programming puzzle/sim about ML systems; uses conceptual models (networks, pipelines) rather than real code.	A	Nintendo listing describes ML, neural nets, and visual programming with optimization loops. ³⁶
Baba Is You ³⁷	Formal logic, rule systems, reframing problems	You literally manipulate rule statements to change what objects are and how they behave, training "change the constraints" thinking.	B	Nintendo listing describes rule blocks that can be manipulated to change how the level works. ³⁸
Factorio ³⁹	Process engineering, automation design, throughput thinking	Full automation pipeline building (mining, refining, logistics) with research trees and systems design under constraints.	B	Nintendo listing frames it as building and maintaining factories, automating production, and managing infrastructure. ⁴⁰

The cognitive training literature supports the idea that transfer depends on specific task demands and how many cognitive processes are jointly required; it does not guarantee a particular commercial game will transfer, but it supports focusing on titles with sustained multi-step planning, monitoring, and iterative correction loops (which is why the category above is prioritized). ²

Physical health routines, coordination, and movement adherence

Game	Skill(s) trained	Why this is skill-relevant	Evidence grade	Key sources
Ring Fit Adventure ⁴¹	Exercise adherence, cardio and strength routines, body awareness	Movement is the control signal: jogging in place, presses, yoga poses; includes minigames and customizable routines.	A	Nintendo description and an energy expenditure validation study support framing it as real exercise, not just motion gimmicks. ⁴²
["entity":["video_game","Fitness Boxing 2: Rhythm & Exercise"],"rhythm training 2020"]	Habit-forming workouts, full-body movement patterns	Guided routines, adjustable intensity, activity tracking, and multiplayer can improve adherence.	B	Nintendo listing describes guided workouts, tracking, and customization. ⁴³
Fitness Boxing 3: Your Personal Trainer ⁴⁴	Habit formation, structured training plans	Daily workout personalization, seated mode, progress tracking, and coaching interactions.	B	Nintendo listing details daily workout planning, personalization, and tracking. ⁴⁵
Nintendo Switch Sports ⁴⁶	Coordination, sport-like movement practice, social play	Multiple sports with motion controls; supports local and online play, providing repetition and motivation.	B	Official listing and official site emphasize motion-controlled sports play and online competition. ⁴⁷

Game	Skill(s) trained	Why this is skill-relevant	Evidence grade	Key sources
Jump Rope Challenge ⁴⁸	Daily movement habit, low-friction cardio	Designed for quick daily movement; alternative motion options for low-noise or low-impact constraints.	B	Nintendo listing explains the daily jump-rope loop and accessibility accommodations. ⁴⁹
Just Dance 2025 Edition ⁵⁰	Cardio via dance adherence, rhythm and coordination	Explicit workout mode with tracking (calories and time) layered onto dance routines.	B	Nintendo listing describes workout mode and tracking. ⁵¹
Zumba Burn It Up! ⁵²	Dance-fitness adherence, movement variety	Routines, intensity selection, multi-player motivation; designed as at-home Zumba-style sessions.	B	Nintendo listing describes routines and goal setting. ⁵³
ACTIVE LIFE Outdoor Challenge ⁵⁴	Coordination, playful movement compliance	Uses Joy-Con and leg strap; positions itself as coordination training plus sweating.	B	Nintendo listing describes real-life exercises and coordination framing. ⁵⁵
Knockout Home Fitness ⁵⁶	High-intensity routines, tracking progress	Short daily workouts, progress reports, and coach guidance can support consistent training.	B	Nintendo listing details progress tracking and workout modes. ⁵⁷

Game	Skill(s) trained	Why this is skill-relevant	Evidence grade	Key sources
YOGA MASTER ⁵⁸	Mobility, yoga practice adherence, breathing routines	Large pose library, guided instruction, and meditation content; treats the Switch as guided practice delivery.	C	Nintendo listing describes 150+ poses, expert-designed programs, and breathing exercises. ⁵⁹

Clinical and public health synthesis work supports the broader proposition that active exergames can improve physical performance outcomes (for example, balance and mobility) in certain populations, and that exergaming can be acceptable and practical for increasing activity. These findings do not prove any single title will create durable fitness change for any individual, but they justify prioritizing titles with sustained movement requirements, clear intensity scaling, and tracking features. ⁸

Communication, teamwork, and practical coordination

Game	Skill(s) trained	Why this is skill-relevant	Evidence grade	Key sources
Keep Talking and Nobody Explodes ⁶⁰	Closed-loop communication, role clarity, concise instruction	Hard constraint: one player sees the problem, others have the manual; forces precise language and rapid mutual verification.	A	Nintendo listing explicitly highlights communication skills and the manual-driven collaboration loop. ⁶¹
Overcooked! 2 ⁶²	Task delegation under time pressure, shared situational awareness	Multi-chef coordination and role switching under constraints; useful for practicing "announce, confirm, adjust" behaviors.	B	Nintendo listing emphasizes local/online co-op and working together to score in chaotic kitchens. ⁶³

Restorative games and wellbeing support (stress relief, emotional processing, low-arousal focus)

Game	Skill(s) trained	Why this is skill-relevant	Evidence grade	Key sources
Unpacking ⁶⁴	Stress down-regulation, mindful focus, narrative inference	Low-pressure play (no timers/scores) with meditative arrangement tasks; supports calm attention and decompression.	B	Nintendo listing describes it as a zen puzzle with meditative gameplay and no timers/meters/scores. ⁶⁵
A Short Hike ⁶⁶	Gentle exploration, pacing, low-arousal engagement	Explicit "no need to rush" framing; encourages self-paced exploration and small social interactions.	C	Nintendo listing frames it as peaceful exploration with self-paced play. ⁶⁷
Spiritfarer ⁶⁸	Emotional processing, caregiving narratives, routine comfort	Cozy management loop with relationship care and farewell themes; can support reflective emotional engagement.	C	Nintendo listing frames it as a cozy management game "about dying" with care and release mechanics. ⁶⁹
Stardew Valley ⁷⁰	Routine building, planning, gentle long-horizon goals	Multi-season planning and daily routines with low failure penalties; can support calming structure for some players.	C	Nintendo listing describes rebuilding a farm and (optionally) cooperative play that supports shared routines. ⁷¹
Animal Crossing: New Horizons ⁷²	Social comfort play, routine and gentle goals	Daily cadence and low-stakes tasks can support relaxation; also has objective-telemetry wellbeing research in the literature.	B	Official site describes creating an island paradise with crafting and customization; telemetry-based research links play to small positive wellbeing association. ⁷³

For stress and wellbeing claims, the safest framing is "can support stress reduction and mood regulation for some players," because the evidence is mixed and context-dependent. Systematic review work on video games and stress reduction in students suggests possible stress reductions but emphasizes that the evidence is not conclusive and study designs vary.⁷⁴

For designed mental health interventions, reviews and meta-analyses exist for serious games targeting anxiety, but applicability to commercial games is indirect unless the game is purpose-built for a clinical outcome.⁷

Cognitive training and "brain practice" titles (use carefully, avoid overclaiming)

Game	Skill(s) trained	Why this is skill-relevant	Evidence grade	Key sources
Dr Kawashima's Brain Training for Nintendo Switch ⁷⁵	Processing speed drills, working memory tasks, habit loops	Structured daily exercises and measurement; should be treated as near-transfer-first, not guaranteed far transfer.	B	Official Nintendo pages describe varied exercises using touch and IR; brain-training evidence is mixed across meta-analyses and RCTs. ⁷⁶

The "brain training" space is notably disputed. Some RCT evidence exists for specific brain-training game interventions showing improvements in measured cognitive functions, but meta-analytic reviews have also found limited evidence for broad real-world far transfer, depending on methods and control conditions. The correct UX framing for your future game board is to state what is trained in-game (for example, speeded arithmetic, working memory tasks) and avoid promising outcomes like "higher IQ" or "prevents decline."

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How this maps onto your existing single-page "board of notes" project

Your current project structure (based on the files you referenced, `index.html` plus a content authoring file) is already compatible with a "Switch games reference board" without introducing a build step, if you treat each game as a "note" and each skill domain as a "category section."

A practical content model that aligns with your existing approach is:

- Each note represents one game. The "front" contains a 1-2 sentence summary and 2-4 outbound links (official listing, official site, one evidence link when applicable).
- Each note also carries small metadata attributes for local search and filtering. For example, `data-skill="fitness"` and `data-evidence="A|B|C"` plus optional `data-tags="routine,coordination,stress"`.

Because the Nintendo store listings usually include stable-ish identifiers like release date, supported play modes, and descriptive tags, they can serve as the canonical outbound reference link per game (the first link in each note). ⁷⁸

Given your earlier UX direction (board + sticky notes + progressive enhancement + local filtering and bookmarks), a strong adaptation is to treat the evidence grade as first-class UI, not buried text. For example: show a small "A/B/C" badge on the note corner, and make it filterable. This keeps the site honest and also lets you build "views" like "Only the highest-evidence notes." ⁷⁹

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Research and expansion strategy to grow from dozens to hundreds of entries

The long tail of Nintendo Switch "education" and "training" titles includes a lot of low-quality or misleading content, so scaling the catalog is mostly a filtering problem, not a discovery problem. Recent reporting highlights platform-holder concerns about storefront quality, which aligns with your observation that junk content can overwhelm discovery. ⁸⁰

To scale the board while protecting quality, the strategy is:

First, expand within high-signal store tags. In practice, store listings that appear under "Application", "Education", or "Training" tags are more likely to be actual skill-centered products than general games. This does not guarantee quality, but it raises the base rate. ⁸¹

Second, require at least one non-marketing corroboration when the game claims "improves skill X." If a store listing claims neuroscience validation or training outcomes, treat that as marketing until you can find an independent study, developer methodology, or reputable review that confirms the claim. ⁸²

Third, use evidence-driven "skill buckets" rather than genre buckets. For cognitive benefits, meta-analytic work suggests the relevant predictors are gameplay feature demands, not the label ("action", "strategy", etc.). So your "skill buckets" should map to demands you can see: speeded decisions, multi-object monitoring, rule manipulation, systems automation, or structured practice with feedback. ²

Fourth, explicitly encode which claims are "what the game does" vs "what studies suggest." This can be a simple convention in your authoring text, such as:

- "Mechanic" line: the concrete loop (uncontroversial).
- "Skill hypothesis" line: the likely transfer (tentative).
- "Evidence link(s)" line: the highest-quality citations you have (systematic reviews, RCTs, telemetry study, etc.). ⁸³

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Limits, risks, and how to write claims responsibly in the final board

This report cannot credibly claim that any one commercial title will "significantly improve" a specific life skill for all players without direct studies on that title and outcome. The research base supports (a) category-level effects in some contexts (for example, exergames and physical performance in older adults), (b) small average wellbeing associations in some large-scale telemetry-linked work, and (c) cognitive intervention effects that depend on the specific training demands and on whether outcomes measure near vs far transfer. ⁸⁴

The cleanest way to align with best-evidence communication is to design your board copy around verifiable statements from official listings ("what you'll do"), then attach a clearly labeled "evidence notes" section that links to the strongest studies relevant to the mechanism, without promising outcomes. This prevents the

project from inheriting common "brain training" credibility problems while still delivering genuinely useful discovery and learning value. ⁸⁵

¹ ² ⁵ ¹⁰ ¹³ ²¹ ²³ ³⁹ ⁴¹ ⁵⁰ ⁵⁴ ⁷⁵ ⁷⁹ **A game-factors approach to cognitive benefits from video-game training: A meta-analysis - PMC**

https://pmc.ncbi.nlm.nih.gov/articles/PMC10395941/?utm_source=chatgpt.com

³ ¹² ¹⁴ ⁷⁸ ⁸¹ **Game Builder Garage™ for Nintendo Switch**

<https://www.nintendo.com/us/store/products/game-builder-garage-us/>

⁴ ⁸³ ⁸⁵ **Working Memory Training Does Not Improve Performance on Measures of Intelligence or Other Measures of "Far Transfer": Evidence From a Meta-Analytic Review - PMC**

https://pmc.ncbi.nlm.nih.gov/articles/PMC4968033/?utm_source=chatgpt.com

⁶ **Video game play is positively correlated with well-being - PubMed**

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⁷ ³⁷ **The Effectiveness of Serious Games in Alleviating Anxiety: Systematic Review and Meta-analysis - PubMed**

https://pubmed.ncbi.nlm.nih.gov/35156932/?utm_source=chatgpt.com

⁸ ⁷² ⁸⁴ **Effectiveness of exergames for improving mobility and balance in older adults: a systematic review and meta-analysis - PMC**

https://pmc.ncbi.nlm.nih.gov/articles/PMC7368979/?utm_source=chatgpt.com

⁹ ¹⁷ ¹⁸ ²⁵ ³³ **Colors Live for Nintendo Switch - Nintendo Official Site**

https://www.nintendo.com/us/store/products/colors-live-switch/?utm_source=chatgpt.com

¹¹ ⁴⁸ ⁶⁸ ⁷⁴ **The Effects of Video Games on Stress Reduction in University Students: A Systematic Review | Interdisciplinary Journal of Health Sciences**

https://uottawa.scholarsportal.info/ottawa/index.php/RISS-IJHS/article/view/6892?utm_source=chatgpt.com

¹⁵ ⁵⁵ **ACTIVE LIFE Outdoor Challenge for Nintendo Switch - Nintendo Official Site**

https://www.nintendo.com/us/store/products/active-life-outdoor-challenge-switch/?utm_source=chatgpt.com

¹⁶ **FUZE4 Nintendo Switch for Nintendo Switch - Nintendo Official Site**

https://www.nintendo.com/US/store/products/fuze4-nintendo-switch-switch/?utm_source=chatgpt.com

¹⁹ ²⁹ ⁵¹ **Just Dance 2025 Edition for Nintendo Switch - Nintendo Official Site**

https://www.nintendo.com/us/store/products/just-dance-2025-edition-switch/?utm_source=chatgpt.com

²⁰ ³⁵ **KORG Gadget for Nintendo Switch for Nintendo Switch - Nintendo Official Site**

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²² ⁶⁴ **PIANISTA for Nintendo Switch - Nintendo Official Site**

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²⁴ ⁶⁶ **Taiko no Tatsujin: Rhythm Festival for Nintendo Switch - Nintendo Official Site**

https://www.nintendo.com/us/store/products/taiko-no-tatsujin-rhythm-festival-switch/%3Fsrsltid%3DAfmBOoq-bxVlsg0N8gledvfdCubB_qgcrlFvssWPH8HLpjyHhHoLrIV?utm_source=chatgpt.com

²⁶ ⁷⁰ **Super Mario Maker™ 2 for Nintendo Switch - Nintendo Official Site**

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https://www.nintendo.com/store/products/ring-fit-adventure-switch/?utm_source=chatgpt.com
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- 45 **Fitness Boxing 3: Your Personal Trainer for Nintendo Switch - Nintendo Official Site**
https://www.nintendo.com/us/store/products/fitness-boxing-3-your-personal-trainer-switch/?utm_source=chatgpt.com
- 47 52 **Nintendo Switch™ Sports for Nintendo Switch - Nintendo Official Site**
https://www.nintendo.com/us/store/products/nintendo-switch-sports-switch/%3Fsrsltid%3DAfmBOookTR8NVN6a-tlsft_zMA3BCu2-hp7uvt3C8ge6CbMIKF6Gh2t?utm_source=chatgpt.com
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https://www.nintendo.com/us/store/products/jump-rope-challenge-switch/?utm_source=chatgpt.com
- 53 **Zumba® Burn It Up! for Nintendo Switch - Nintendo Official Site**
https://www.nintendo.com/us/store/products/zumba-burn-it-up-switch/?utm_source=chatgpt.com
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80 Nintendo doesn't want Switch 2 eShop to "become a giant slop fest," New Blood CEO claims, so "they're still pretty choosy about who gets to launch their games"

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