



## Building Strong Families

Life resources for health, wellness, finances, and positive relationships.

**Enjoyable Time Together:** Many board games are designed around the concepts of creating, developing or nourishing. These game qualities create a positive environment for relationships to grow.

**Self-Control:** Being OK with changes and rolling with the punches provides multiple opportunities for positive practice on resiliency. Board games are perfect terrain to develop patience.



**Positive Self-Concept:** Tabletop games put players on equal footing at the beginning of the game and provide paths for players to gain additional abilities of their choice. Players must put forward effort, perseverance and determination to reach the goal. Even when making a strong effort but still falling short, players concentrate on the hard work, not on the winning/losing. Players are encouraged to keep trying until it is mastered. Failure teaches empathy and the ability to bounce back from adversity.

**Social Skills:** Players learn social cues, social speech filtering and practice empathy. Players learn to consider and understand that others' feelings may be different from their own. Games help individuals become emotionally self-aware.

**Communication:** Board games create a structure which allows an individual to step out of their shell and into a world of communication. The body, the facial expressions, the tone of the sender, and real time response of the receiver make real world communication and conversation a more natural and less awkward process.

# FAMILY GAME NIGHT TIPS



Schedule a regular day and time on the calendar for playing a board game. Designate the same day every week. Keep it short at the beginning and then add more time as desired.



Keep a stash of great board games around the house. You'll be sure to find a taker when you ask, "Does anyone want to play a game?"



Choose a game that allows for a light, fun environment. If the game is too serious it may create an environment that does not allow for the showing of appreciation.



Teach respect for individuality. Each individual is unique and that is important in a family.



Don't choose a board game that is too hard for your kids' ages, or one that everybody dislikes playing. Team up with someone for a bit more challenging game.



Avoid choosing a board game that is too focused on competitiveness. This may encourage the players to lose sight of the caring environment being created.



Only family members and friends are invited. Make it a rule that technology be set aside until your game night is over.



Don't be afraid to laugh! Creating a fun and playful environment will help individuals open up and have fun.

Source: K-State Research and Extension, *Bonding Thru Board Games* educational program and materials



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