

# Family Board Game

## Ultimate object of Family Fun Night:

It's all about us as a family. Our quality time.

## Ultimate objective of the game:

"When we play a game, the goal is to win, but how you get there is what is important, not the winning."

*-Adaptation of Reiner Knizia's quote, board game designer*

## Events

# Community Outreach

*Sponsors, Volunteers, and Local Contact*



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# K-STATE

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*"Bonding Thru Board Games"*

A family program using board games as a tool to strengthen families in the community.



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# Evolved Out of the Need to Reconnect



## Quality time with your loved ones

### Strong Family Traits

*Bonding Thru Board Games* is a tool that fosters the six major qualities that strong and successful families exhibit across cultures worldwide and in all family types:

- Time carved out for one another.
- Appreciation for each other.
- Room for communication.
- A venue to share values, life skills, beliefs.
- A special ability to cope with stress and crisis.
- Commitment for each other.

### Purpose

There is a socio-emotional need in every human being for attachment, bonding, to love and to be loved, acceptance, belonging, and identity. We live in a busy world in which time together is often lost in the buzz of activity.

*Bonding Thru Board Games* is a tool to help families carve out quality time and learn to connect with one another.

### Life Success: Key “Soft Skills”

A tool for developing key “soft skills” that foster school and workforce success.

- **Self-control:** delay gratification, control impulses, direct and focus attention, manage emotions, and regulate behaviors.
- **A positive self-concept:** belief in one’s personal worth and likelihood of succeeding, ability to perform specific tasks, ability to monitor one’s thoughts and emotions as they arise, as well as self-worth and value, a sense of well-being and pride.
- **Social skills:** to get along well by respecting others, appropriate behavior, and resolving conflict.
- **Communication skills:** oral, written, non-verbal, and listening
- **Executive function:** problem solving, critical thinking, and decision-making. Focus on multiple things, juggle multiple information, monitor progress and revise plan.