

FAMILY GAME NIGHT!

Games are a great way to have fun with your family.
They also help build many important life skills:

Cooperation/Teamwork

- Taking turns and working with others
- Respecting other family members including extended family

Responsibility

- Playing by the rules
- Taking care of materials and putting the game away so it will be ready next time.

Perseverance and Patience

- Waiting for your turn, or for that “special card” or throw of the dice
 - Sticking it out to the end
 - Trying again.

Honesty

- Playing fair
- Being able to admit mistakes and learning from them

Understanding/Accepting Both Winning and Losing

- Knowing that we can try to win, but sometimes we will lose
- Being able to cope with wins and losses tactfully and graciously.

Strategic Thinking

How to make plans to achieve a goal – and how to change those plans as your situation may change

Making choices and accepting the consequences of the choices you make.

Source: “Ask Evelyn” website (http://www.askevelyn.com/family_game_night.htm). Evelyn Petersen is a parenting columnist, child and family advocate, and the national spokesperson representing Hasbro Inc. and The National Parenting Center in their Family Game Night Initiative.

OTHER RESOURCES...

...that might be of interest for information about games and their benefits for kids and families:

- *Games for Reading* by Peggy Kaye

- “Family Board Games Build Math Skills” by Julie Tiss, M.Ed
(<http://www.dalymath.com/math.htm>)