How can board games prepare children for school and the workplace?

Parents, guardians, and teachers have a huge responsibility in this developmental crisis. Board games offer perfect ground to develop soft skills in a practical, protected environment.

Self-control: Refers to one’s ability to delay gratification, control impulses, direct and focus attention, to manage emotions, and regulate behaviors. Getting a “bad roll of the dice” can seem unfair. Dealing with roadblocks can be more easily overcome in the context of a motivating game quest. Games involve constant change performed by other players and new thoughts are needed to persevere. 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. Patience is needed to focus on the game, to pay attention to other players, to work through challenges, and to achieve long-term goals.

Positive Self-concept: self-confidence, self-worth, self-esteem, pride, motivation, resiliency. 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. Self-motivation is a key component to achieve goals and feel a sense of accomplishment. Players must put forward effort, perseverance, and determination to reach the goal. Players are encouraged to keep trying until it is mastered. Failure teaches empathy and the ability to bounce back from adversity.

Mental Health: Your mental health affects how you think, feel, and act as you cope with life. Soft skills are mental coping skills. Board games help reduce isolation. They are designed to be played with a group of people or at least with another person. Playing board games will help stave off loneliness and build positive relationships with others. Face-to-face interaction is a big component of playing board games and supports mental health.

Social Skills: to get along, respect others, context-appropriate behavior, and practiced resolving conflict. Board games bring all kinds of people together and allow opportunities to sharpen interactions with others. Players learn social cues, social speech filtering, and practice empathy.

Games are good for everyone in the family! Enjoy!

Meal Planning Together as a Family

For most families, it’s a struggle to balance work, school, and activities, making it a challenge to gather together for a meal. But meal times together as a family are so important. Choose a time that works for everyone to have at least one meal together per day if you can. If this doesn’t work at least plan three or more during the week.

Ask each family member to contribute to what meals should be on the schedule for the week. Give them the opportunity to choose their favorites. And have them help with preparing the meal, setting the table and cleanup.

Mealtimes should be a time for families to relax and reconnect. Keep the conversation upbeat and happy.

Enjoy the Holidays!