

Would you like to play a game?



Why we should be playing GAMES with our kids!

Games can be fun, but they are also a great way to bond with your family—and family bonding is a key factor in managing troubling times successfully for parents and their children.

Taking time to play games together is a great way for families to connect and cope during stressful or traumatic events.

Why GAMES?

Give a sense of protection.

Act as a non-isolation agent.

Make the child feel a part of the family.

Explore and create the mood of the family/household.

Serve as a filter for what information is coming into the house.

Research-based reasons why playing games is important.*

- It helps build self-confidence.
- It promotes essential skills.
- It increases resilience.
- It can encourage academic development.
- It offers *lasting memories*.

* *Scholar's Choice Community Blog*

Be Creative with Games and Activities.

- Use old school games, such as playing cards, "I SPY", Sing Songs and Make Up Songs, etc.
- Share different dance moves.
- Talk about events.
- Prepare simple meals together with your children at least once a week.
- Watch appropriate movies/TV shows together. Avoid violent viewings!
- Do arts and crafts projects using items around the house.
- Write stories and share them with each other. These could be fiction or nonfiction.
- Engage in physical exercise. Check out the multiple free apps and possibilities online.