



"Bonding Thru Board Games"

Spending Time Together

Strong families try to find time to spend together. Board games provide face-to-face interaction, helping families get connected and create lasting memories.

Things to have in mind when carving out time for a family game night.



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.



Avoid choosing a board game that is too hard for your kids' ages, or one that everybody dislikes playing. Start by playing one that your youngest child definitely can play. After that, let your youngest team up with someone for a bit more challenging game.



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



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 snacks that are not sticky or greasy to preserve your games.



Take photos and share with the program.
lizb@ksu.edu



"Bonding Thru Board Games"

Spending Time Together

Strong families try to find time to spend together. Board games provide face-to-face interaction, helping families get connected and create lasting memories.

Things to have in mind when carving out time for a family game night.



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.



Avoid choosing a board game that is too hard for your kids' ages, or one that everybody dislikes playing. Start by playing one that your youngest child definitely can play. After that, let your youngest team up with someone for a bit more challenging game.



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



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 snacks that are not sticky or greasy to preserve your games.



Take photos and share with the program.
lizb@ksu.edu

Six Traits of Strong Families

Spending Time Together:

Strong families try to find time to spend time together. Family time helps one to not feel lonely. It helps create a feeling of family.

Showing Affection and Appreciation:

Showing respect and affection for the uniqueness of each family member is important.

Open Communication and Good Listening:

Families who share beliefs and feelings and listen to one another feel more connected. Communication is one of the key elements of family relationships — whether it is spending time talking about little things or big issues.

Spiritual Wellness:

Strong families believe in a greater power. Shared beliefs, values, and traditions help create a bond between family members.

An Ability to Cope:

Strong families pull together and draw strength from each other when problems arise.

A Strong Commitment to Each Other:

Strong families make their relationships a high priority. They face the same difficulties and problems we all do. But the bad times do not destroy them. They work together to solve their problems.

Source: Children, Youth, Families & Communities; Michigan State University Extension; 2009 Michigan State University Board of Trustees; www.togetherwecan.fcs.msue.msu.edu

Elizabeth Brunscheen-Cartagena

Family Life & Resource Management Agent
K-State Research and Extension – Sedgwick County
7001 W. 21st Street North Wichita, KS 67205-1759
(316) 660-0100, (316) 660-0114 (direct line)

K-STATE
Research and Extension

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, J. Ernest Minton, Interim Director. MF3403 rev. July 2019

Six Traits of Strong Families

Spending Time Together:

Strong families try to find time to spend time together. Family time helps one to not feel lonely. It helps create a feeling of family.

Showing Affection and Appreciation:

Showing respect and affection for the uniqueness of each family member is important.

Open Communication and Good Listening:

Families who share beliefs and feelings and listen to one another feel more connected. Communication is one of the key elements of family relationships — whether it is spending time talking about little things or big issues.

Spiritual Wellness:

Strong families believe in a greater power. Shared beliefs, values, and traditions help create a bond between family members.

An Ability to Cope:

Strong families pull together and draw strength from each other when problems arise.

A Strong Commitment to Each Other:

Strong families make their relationships a high priority. They face the same difficulties and problems we all do. But the bad times do not destroy them. They work together to solve their problems.

Source: Children, Youth, Families & Communities; Michigan State University Extension; 2009 Michigan State University Board of Trustees; www.togetherwecan.fcs.msue.msu.edu

Elizabeth Brunscheen-Cartagena

Family Life & Resource Management Agent
K-State Research and Extension – Sedgwick County
7001 W. 21st Street North Wichita, KS 67205-1759
(316) 660-0100, (316) 660-0114 (direct line)

K-STATE
Research and Extension

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, J. Ernest Minton, Interim Director. MF3403 rev. July 2019



"Bonding Thru Board Games"

Showing Appreciation and Affection

Strong families show one another that they are loved. Board games allow family members to show nonverbal appreciation, deepen friendships, and respect for individuality.

Things to have in mind when having a family game night.



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.



At the beginning, 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.



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



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



Board games provide the chance for individuals to see one another face-to-face. Show appreciation for one another through nonverbal facial expressions.



Take photos and share with the program.
lizb@ksu.edu



"Bonding Thru Board Games"

Showing Appreciation and Affection

Strong families show one another that they are loved. Board games allow family members to show nonverbal appreciation, deepen friendships, and respect for individuality.

Things to have in mind when having a family game night.



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.



At the beginning, 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.



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



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



Board games provide the chance for individuals to see one another face-to-face. Show appreciation for one another through nonverbal facial expressions.



Take photos and share with the program.
lizb@ksu.edu

Six Traits of Strong Families

Spending Time Together:

Strong families try to find time to spend time together. Family time helps one to not feel lonely. It helps create a feeling of family.

Showing Affection and Appreciation:

Showing respect and affection for the uniqueness of each family member is important.

Open Communication and Good Listening:

Families who share beliefs and feelings and listen to one another feel more connected. Communication is one of the key elements of family relationships — whether it is spending time talking about little things or big issues.

Spiritual Wellness:

Strong families believe in a greater power. Shared beliefs, values, and traditions help create a bond between family members.

An Ability to Cope:

Strong families pull together and draw strength from each other when problems arise.

A Strong Commitment to Each Other:

Strong families make their relationships a high priority. They face the same difficulties and problems we all do. But the bad times do not destroy them. They work together to solve their problems.

Source: Children, Youth, Families & Communities; Michigan State University Extension; 2009 Michigan State University Board of Trustees; www.togetherwecan.fcs.msue.msu.edu

Elizabeth Brunscheen-Cartagena

Family Life & Resource Management Agent
K-State Research and Extension – Sedgwick County
7001 W. 21st Street North Wichita, KS 67205-1759
(316) 660-0100, (316) 660-0114 (direct line)

K-STATE
Research and Extension

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, J. Ernest Minton, Interim Director. MF3403 rev. July 2019

Six Traits of Strong Families

Spending Time Together:

Strong families try to find time to spend time together. Family time helps one to not feel lonely. It helps create a feeling of family.

Showing Affection and Appreciation:

Showing respect and affection for the uniqueness of each family member is important.

Open Communication and Good Listening:

Families who share beliefs and feelings and listen to one another feel more connected. Communication is one of the key elements of family relationships — whether it is spending time talking about little things or big issues.

Spiritual Wellness:

Strong families believe in a greater power. Shared beliefs, values, and traditions help create a bond between family members.

An Ability to Cope:

Strong families pull together and draw strength from each other when problems arise.

A Strong Commitment to Each Other:

Strong families make their relationships a high priority. They face the same difficulties and problems we all do. But the bad times do not destroy them. They work together to solve their problems.

Source: Children, Youth, Families & Communities; Michigan State University Extension; 2009 Michigan State University Board of Trustees; www.togetherwecan.fcs.msue.msu.edu

Elizabeth Brunscheen-Cartagena

Family Life & Resource Management Agent
K-State Research and Extension – Sedgwick County
7001 W. 21st Street North Wichita, KS 67205-1759
(316) 660-0100, (316) 660-0114 (direct line)

K-STATE
Research and Extension

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, J. Ernest Minton, Interim Director. MF3403 rev. July 2019



"Bonding Thru Board Games"

Open Communication and Good Listening

Strong families are able to communicate openly and effectively with one another. Board games foster chances to compliment and listen to one another.

Things to have in mind when having a family game night.



Choose a game that allows for compliments to be given. Make a rule that each family member has to give out at least three compliments over the course of a single game.



Avoid blaming other individuals when playing a game. Focus on the compliments rather than on whose fault an outcome is.



Teach that it is important to reach an agreement. While there is a winner and a loser, reaching an agreement is an important piece in achieving an end goal.



It is okay to agree to disagree as long as it is conducted in a positive manner.



Share emotions while playing games. This allows individuals to practice the skill in a relaxed setting. Be aware that "out of the blue" conversations could happen.



If there is a disagreement, express it in this manner: when you (do ___, say, infer), I feel (sad, not appreciated, ...).



Take photos and share with the program.
lizb@ksu.edu



"Bonding Thru Board Games"

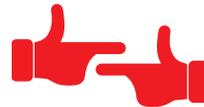
Open Communication and Good Listening

Strong families are able to communicate openly and effectively with one another. Board games foster chances to compliment and listen to one another.

Things to have in mind when having a family game night.



Choose a game that allows for compliments to be given. Make a rule that each family member has to give out at least three compliments over the course of a single game.



Avoid blaming other individuals when playing a game. Focus on the compliments rather than on whose fault an outcome is.



Teach that it is important to reach an agreement. While there is a winner and a loser, reaching an agreement is an important piece in achieving an end goal.



It is okay to agree to disagree as long as it is conducted in a positive manner.



Share emotions while playing games. This allows individuals to practice the skill in a relaxed setting. Be aware that "out of the blue" conversations could happen.



If there is a disagreement, express it in this manner: when you (do ___, say, infer), I feel (sad, not appreciated, ...).



Take photos and share with the program.
lizb@ksu.edu

Six Traits of Strong Families

Spending Time Together:

Strong families try to find time to spend time together. Family time helps one to not feel lonely. It helps create a feeling of family.

Showing Affection and Appreciation:

Showing respect and affection for the uniqueness of each family member is important.

Open Communication and Good Listening:

Families who share beliefs and feelings and listen to one another feel more connected. Communication is one of the key elements of family relationships — whether it is spending time talking about little things or big issues.

Spiritual Wellness:

Strong families believe in a greater power. Shared beliefs, values, and traditions help create a bond between family members.

An Ability to Cope:

Strong families pull together and draw strength from each other when problems arise.

A Strong Commitment to Each Other:

Strong families make their relationships a high priority. They face the same difficulties and problems we all do. But the bad times do not destroy them. They work together to solve their problems.

Source: Children, Youth, Families & Communities; Michigan State University Extension; 2009 Michigan State University Board of Trustees; www.togetherwecan.fcs.msue.msu.edu

Elizabeth Brunscheen-Cartagena

Family Life & Resource Management Agent
K-State Research and Extension – Sedgwick County
7001 W. 21st Street North Wichita, KS 67205-1759
(316) 660-0100, (316) 660-0114 (direct line)

K-STATE
Research and Extension

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, J. Ernest Minton, Interim Director. MF3403 rev. July 2019

Six Traits of Strong Families

Spending Time Together:

Strong families try to find time to spend time together. Family time helps one to not feel lonely. It helps create a feeling of family.

Showing Affection and Appreciation:

Showing respect and affection for the uniqueness of each family member is important.

Open Communication and Good Listening:

Families who share beliefs and feelings and listen to one another feel more connected. Communication is one of the key elements of family relationships — whether it is spending time talking about little things or big issues.

Spiritual Wellness:

Strong families believe in a greater power. Shared beliefs, values, and traditions help create a bond between family members.

An Ability to Cope:

Strong families pull together and draw strength from each other when problems arise.

A Strong Commitment to Each Other:

Strong families make their relationships a high priority. They face the same difficulties and problems we all do. But the bad times do not destroy them. They work together to solve their problems.

Source: Children, Youth, Families & Communities; Michigan State University Extension; 2009 Michigan State University Board of Trustees; www.togetherwecan.fcs.msue.msu.edu

Elizabeth Brunscheen-Cartagena

Family Life & Resource Management Agent
K-State Research and Extension – Sedgwick County
7001 W. 21st Street North Wichita, KS 67205-1759
(316) 660-0100, (316) 660-0114 (direct line)

K-STATE
Research and Extension

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, J. Ernest Minton, Interim Director. MF3403 rev. July 2019



"Bonding Thru Board Games"

Spiritual Wellness

Strong families believe in a higher power. Board games allow for beliefs and values to be shared through positive play. Board games also provide teaching moments for parents and children.

Things to have in mind when having a family game night.



Choose a game that allows for beliefs and values to shine through each action. Having a platform for sharing may make it easier for parents to communicate beliefs.



Provide support and compassion to each player. Help them align their actions with their values.



Teach that it is important to practice one's beliefs and values in everyday life. These beliefs make up who we are.



Create a tradition of playing board games. Strong families have traditions already in place, so adding a board game night should be simple and effective.



Share your beliefs and values with one another. Let each other know your hopes that you have for members of your family.



Take photos and share with the program.
lizb@ksu.edu

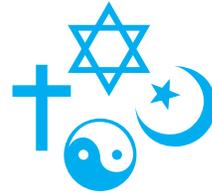


"Bonding Thru Board Games"

Spiritual Wellness

Strong families believe in a higher power. Board games allow for beliefs and values to be shared through positive play. Board games also provide teaching moments for parents and children.

Things to have in mind when having a family game night.



Choose a game that allows for beliefs and values to shine through each action. Having a platform for sharing may make it easier for parents to communicate beliefs.



Provide support and compassion to each player. Help them align their actions with their values.



Teach that it is important to practice one's beliefs and values in everyday life. These beliefs make up who we are.



Create a tradition of playing board games. Strong families have traditions already in place, so adding a board game night should be simple and effective.



Share your beliefs and values with one another. Let each other know your hopes that you have for members of your family.



Take photos and share with the program.
lizb@ksu.edu

Six Traits of Strong Families

Spending Time Together:

Strong families try to find time to spend time together. Family time helps one to not feel lonely. It helps create a feeling of family.

Showing Affection and Appreciation:

Showing respect and affection for the uniqueness of each family member is important.

Open Communication and Good Listening:

Families who share beliefs and feelings and listen to one another feel more connected. Communication is one of the key elements of family relationships — whether it is spending time talking about little things or big issues.

Spiritual Wellness:

Strong families believe in a greater power. Shared beliefs, values, and traditions help create a bond between family members.

An Ability to Cope:

Strong families pull together and draw strength from each other when problems arise.

A Strong Commitment to Each Other:

Strong families make their relationships a high priority. They face the same difficulties and problems we all do. But the bad times do not destroy them. They work together to solve their problems.

Source: Children, Youth, Families & Communities; Michigan State University Extension; 2009 Michigan State University Board of Trustees; www.togetherwecan.fcs.msue.msu.edu

Elizabeth Brunscheen-Cartagena

Family Life & Resource Management Agent
K-State Research and Extension – Sedgwick County
7001 W. 21st Street North Wichita, KS 67205-1759
(316) 660-0100, (316) 660-0114 (direct line)

K-STATE
Research and Extension

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, J. Ernest Minton, Interim Director. MF3403 rev. July 2019

Six Traits of Strong Families

Spending Time Together:

Strong families try to find time to spend time together. Family time helps one to not feel lonely. It helps create a feeling of family.

Showing Affection and Appreciation:

Showing respect and affection for the uniqueness of each family member is important.

Open Communication and Good Listening:

Families who share beliefs and feelings and listen to one another feel more connected. Communication is one of the key elements of family relationships — whether it is spending time talking about little things or big issues.

Spiritual Wellness:

Strong families believe in a greater power. Shared beliefs, values, and traditions help create a bond between family members.

An Ability to Cope:

Strong families pull together and draw strength from each other when problems arise.

A Strong Commitment to Each Other:

Strong families make their relationships a high priority. They face the same difficulties and problems we all do. But the bad times do not destroy them. They work together to solve their problems.

Source: Children, Youth, Families & Communities; Michigan State University Extension; 2009 Michigan State University Board of Trustees; www.togetherwecan.fcs.msue.msu.edu

Elizabeth Brunscheen-Cartagena

Family Life & Resource Management Agent
K-State Research and Extension – Sedgwick County
7001 W. 21st Street North Wichita, KS 67205-1759
(316) 660-0100, (316) 660-0114 (direct line)

K-STATE
Research and Extension

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, J. Ernest Minton, Interim Director. MF3403 rev. July 2019



"Bonding Thru Board Games"

Ability to Cope Under Stress and Crisis:

Strong families pull together and draw strength from one another when problems arise. Board games help to develop adaptability, to see dead ends in a game as opportunities to find new solutions, to think out of the box, and to bounce back from struggles in the game.

Things to have in mind when having a family game night.



While playing a board game, look for values and beliefs your family stands for and share them as a teaching piece. Such values might include honesty, hard work, respect, faith, caring, empathy, and so on.



Provide support helping each other to understand the game. Be patient when others make mistakes.



Cheer up a family member who is discouraged and reaffirm their skills and abilities.



Let everybody know that there are different ways to achieve a goal in a game. It is wise to listen to advice.



Encourage openness to find other ways to achieve a goal when the original plan doesn't work.



Look for cooperative games to encourage a sense of working as a team against the game. It will be a time to enjoy each other as everybody shares resources and makes decisions together.



Take photos and share with the program.
lizb@ksu.edu



"Bonding Thru Board Games"

Ability to Cope Under Stress and Crisis:

Strong families pull together and draw strength from one another when problems arise. Board games help to develop adaptability, to see dead ends in a game as opportunities to find new solutions, to think out of the box, and to bounce back from struggles in the game.

Things to have in mind when having a family game night.



While playing a board game, look for values and beliefs your family stands for and share them as a teaching piece. Such values might include honesty, hard work, respect, faith, caring, empathy, and so on.



Provide support helping each other to understand the game. Be patient when others make mistakes.



Cheer up a family member who is discouraged and reaffirm their skills and abilities.



Let everybody know that there are different ways to achieve a goal in a game. It is wise to listen to advice.



Encourage openness to find other ways to achieve a goal when the original plan doesn't work.



Look for cooperative games to encourage a sense of working as a team against the game. It will be a time to enjoy each other as everybody shares resources and makes decisions together.



Take photos and share with the program.
lizb@ksu.edu

Six Traits of Strong Families

Spending Time Together:

Strong families try to find time to spend time together. Family time helps one to not feel lonely. It helps create a feeling of family.

Showing Affection and Appreciation:

Showing respect and affection for the uniqueness of each family member is important.

Open Communication and Good Listening:

Families who share beliefs and feelings and listen to one another feel more connected. Communication is one of the key elements of family relationships — whether it is spending time talking about little things or big issues.

Spiritual Wellness:

Strong families believe in a greater power. Shared beliefs, values, and traditions help create a bond between family members.

An Ability to Cope:

Strong families pull together and draw strength from each other when problems arise.

A Strong Commitment to Each Other:

Strong families make their relationships a high priority. They face the same difficulties and problems we all do. But the bad times do not destroy them. They work together to solve their problems.

Source: Children, Youth, Families & Communities; Michigan State University Extension; 2009 Michigan State University Board of Trustees; www.togetherwecan.fcs.msue.msu.edu

Elizabeth Brunscheen-Cartagena

Family Life & Resource Management Agent
K-State Research and Extension – Sedgwick County
7001 W. 21st Street North Wichita, KS 67205-1759
(316) 660-0100, (316) 660-0114 (direct line)

K-STATE
Research and Extension

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, J. Ernest Minton, Interim Director. MF3403 rev. July 2019

Six Traits of Strong Families

Spending Time Together:

Strong families try to find time to spend time together. Family time helps one to not feel lonely. It helps create a feeling of family.

Showing Affection and Appreciation:

Showing respect and affection for the uniqueness of each family member is important.

Open Communication and Good Listening:

Families who share beliefs and feelings and listen to one another feel more connected. Communication is one of the key elements of family relationships — whether it is spending time talking about little things or big issues.

Spiritual Wellness:

Strong families believe in a greater power. Shared beliefs, values, and traditions help create a bond between family members.

An Ability to Cope:

Strong families pull together and draw strength from each other when problems arise.

A Strong Commitment to Each Other:

Strong families make their relationships a high priority. They face the same difficulties and problems we all do. But the bad times do not destroy them. They work together to solve their problems.

Source: Children, Youth, Families & Communities; Michigan State University Extension; 2009 Michigan State University Board of Trustees; www.togetherwecan.fcs.msue.msu.edu

Elizabeth Brunscheen-Cartagena

Family Life & Resource Management Agent
K-State Research and Extension – Sedgwick County
7001 W. 21st Street North Wichita, KS 67205-1759
(316) 660-0100, (316) 660-0114 (direct line)

K-STATE
Research and Extension

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, J. Ernest Minton, Interim Director. MF3403 rev. July 2019



"Bonding Thru Board Games"

Strong Commitment to Each Other:

Strong families make their relationships a high priority. They face the same difficulties and problems as everyone does. But the bad times do not destroy them. They work together to solve their problems.

Things to have in mind when having a family game night.



When having a game night, send reminders to each other of the gathering. If something comes up, be flexible in changing the date or the time.



Encourage those family members not attending to make sure to join the gathering next time. Provide support helping each other as the family safety net.

100%

When playing, show 100 percent attention to each other. Be present. Avoid any distraction.



Keep cultivating honesty, respect, unity, trustworthiness, and integrity while playing.



Give priority to what is going on around the table (bonding) over what is on the board (the game).



Board games are a tool to keep everybody bonded, creating a sense of belonging and commitment. Keep creating memories for the next generation as a legacy.



Take photos and share with the program.

lizb@ksu.edu



"Bonding Thru Board Games"

Strong Commitment to Each Other:

Strong families make their relationships a high priority. They face the same difficulties and problems as everyone does. But the bad times do not destroy them. They work together to solve their problems.

Things to have in mind when having a family game night.



When having a game night, send reminders to each other of the gathering. If something comes up, be flexible in changing the date or the time.



Encourage those family members not attending to make sure to join the gathering next time. Provide support helping each other as the family safety net.

100%

When playing, show 100 percent attention to each other. Be present. Avoid any distraction.



Keep cultivating honesty, respect, unity, trustworthiness, and integrity while playing.



Give priority to what is going on around the table (bonding) over what is on the board (the game).



Board games are a tool to keep everybody bonded, creating a sense of belonging and commitment. Keep creating memories for the next generation as a legacy.



Take photos and share with the program.

lizb@ksu.edu

Six Traits of Strong Families

Spending Time Together:

Strong families try to find time to spend time together. Family time helps one to not feel lonely. It helps create a feeling of family.

Showing Affection and Appreciation:

Showing respect and affection for the uniqueness of each family member is important.

Open Communication and Good Listening:

Families who share beliefs and feelings and listen to one another feel more connected. Communication is one of the key elements of family relationships — whether it is spending time talking about little things or big issues.

Spiritual Wellness:

Strong families believe in a greater power. Shared beliefs, values, and traditions help create a bond between family members.

An Ability to Cope:

Strong families pull together and draw strength from each other when problems arise.

A Strong Commitment to Each Other:

Strong families make their relationships a high priority. They face the same difficulties and problems we all do. But the bad times do not destroy them. They work together to solve their problems.

Source: Children, Youth, Families & Communities; Michigan State University Extension; 2009 Michigan State University Board of Trustees; www.togetherwecan.fcs.msue.msu.edu

Elizabeth Brunscheen-Cartagena

Family Life & Resource Management Agent
K-State Research and Extension – Sedgwick County
7001 W. 21st Street North Wichita, KS 67205-1759
(316) 660-0100, (316) 660-0114 (direct line)

K-STATE
Research and Extension

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, J. Ernest Minton, Interim Director. MF3403 rev. July 2019

Six Traits of Strong Families

Spending Time Together:

Strong families try to find time to spend time together. Family time helps one to not feel lonely. It helps create a feeling of family.

Showing Affection and Appreciation:

Showing respect and affection for the uniqueness of each family member is important.

Open Communication and Good Listening:

Families who share beliefs and feelings and listen to one another feel more connected. Communication is one of the key elements of family relationships — whether it is spending time talking about little things or big issues.

Spiritual Wellness:

Strong families believe in a greater power. Shared beliefs, values, and traditions help create a bond between family members.

An Ability to Cope:

Strong families pull together and draw strength from each other when problems arise.

A Strong Commitment to Each Other:

Strong families make their relationships a high priority. They face the same difficulties and problems we all do. But the bad times do not destroy them. They work together to solve their problems.

Source: Children, Youth, Families & Communities; Michigan State University Extension; 2009 Michigan State University Board of Trustees; www.togetherwecan.fcs.msue.msu.edu

Elizabeth Brunscheen-Cartagena

Family Life & Resource Management Agent
K-State Research and Extension – Sedgwick County
7001 W. 21st Street North Wichita, KS 67205-1759
(316) 660-0100, (316) 660-0114 (direct line)

K-STATE
Research and Extension

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, J. Ernest Minton, Interim Director. MF3403 rev. July 2019