

# Bonding Through Board Games

## Lesson Objectives

At the conclusion of this lesson about board games and family strengths, participants will be able to:

- » Understand the definition and purpose of Euro-games or Euro-style games.
- » Develop the six major qualities of successful and strong families.
- » Know how to build and strengthen family cohesion.
- » Build shared memories through a common, enjoyable experience.
- » Apply social-emotional and academic skills

## Potential Audiences

- » Intergenerational groups
- » Community groups
- » Veterans
- » Seniors
- » Churches
- » Families
- » Schools
- » Special needs families
- » Gaming groups
- » Social workers

## What Leaders Need to Prepare for the Lesson

- » Pocket cards for each quality of a strong and successful family (MF3403)
- » Displays to explain and showcase the program
- » Fact sheets for participants (MF3401)
- » Brochures to further promote the program
- » Board games for participants to play
- » PowerPoint presentation to promote the program
- » Time to read over the leader's guide

## Introduction

Family bonding time is important to maintain close relationships among family members. One way to increase



this time is through the use of Euro-style board games. A Eurogame, or Euro-style game, is a class of tabletop games that generally uses abstract pieces in a literal theme, and it is designed around the concepts of creating, developing, or nourishing. Euro-style games emphasize strategy while downplaying luck (players are allowed to control randomness) and indirect player conflict, which usually involves competition over resources or points. These game qualities create a positive environment for relationships to grow.

For a game night event, set up tables around the room with four to five chairs at each table. Place one table at the front of the room and spread out all board games on this table. This will allow participants to look at the games and select the ones they want to play. If desired, set up a table for non-sticky snacks on one side of the room for participants to enjoy away from the games. Take a few minutes at the beginning, or as participants enter, to explain the lesson for that night (pocket card) and how the event will run. If one chooses, use the PowerPoint presentation to explain the program.

## Community Activities

- » **Mega Game Day** — An extended period of time over the course of one day to play board games while connecting and communicating with family members or game mates.
- » **Bi-Monthly Game Events** — Scheduled bi-monthly game nights for participants to come and play games.
- » **Parents/Family Events at Schools** — Board game collection taken to schools for parents or family events.
- » **Community Event Celebrations** — Board game collection taken to another community event.
- » **Holiday Event** — Games incorporated into a chosen holiday (e.g. Christmas, Hanukah, Maulid al-Nabi, Diwali, Kwanza, etc.).
  - » Santa, Easter Bunny, etc. could be invited to be present at the event
- » **Community Displays** — Display(s) set up at community settings (for example, a community center, school, religious center, etc.).
- » **Presentations to Community Groups** — Presentations on the purpose and ways to conduct a family game event.

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K-State Research and Extension educators may access the evaluation instrument on the Bonding Thru Board Games Teams channel: <https://bit.ly/ksrebondingthruboardgames>

**Author and Translator**

*Elizabeth Brunscheen-Cartagena  
Family Life and Resource Management Agent, Sedgwick County*

**Reviewers**

*Bradford Wiles, Ph.D.  
Associate Professor and Extension Specialist, School of Family Studies and Human Services*

**Rebecca McFarland**

*District Agent, Family and Child Development, Frontier Extension District, Ottawa Office*

**Chiquita Miller Ph.D, LMAC, CFLE**

*Family and Consumer Sciences Agent-Wyandotte County*

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