

Family Board Game

Ultimate object of Family Fun Night:
It's all about us as a family. Our quality time.

Ultimate objective of the game:
"When we play a game, the goal is to win, but how you get there is what is important, not the winning."
-Adaptation of Reiner Knizia's quote, board game designer

Events

2024 Event Schedule

**Sedgwick County Extension
Sunflower Room**

**7001 W 21st Street North Wichita,
Kansas 67205**

- February 16th, 7 -9pm p.m.
- May 11 , 9 a.m. -6 p.m. Mega Event
- June 7 th 7- 9 p.m.
- August 23rd, 7- 9 p.m.
- November 8th, 7-9 p.m.
- December 13th, 6:30- 9 p.m. Santa is coming!

Be a Volunteer!
2 hrs. 6 times a year

Community Outreach

Sponsors, Volunteers, and Local Contact



2023 Goddard Linear Park Pavilion



WICHITA SCHOOL DISTRICT

Visit us and Like us on Facebook:

www.facebook.com/bondingthruboardgames

lizb@ksu.edu



K-STATE
Research and Extension

316-660-0114

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer. Issued in support of Cooperative Extension Work, Minutes of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Director of K-State Research and Extension, Kansas State University, Councils County Extension, Extension Districts. MF3400S November 2020



K-STATE
Research and Extension



"Bonding Thru Board Games"

A family program using board games as a tool to strengthen families in the community.



Kansas State University
Agricultural Experiment Station
and Cooperative Extension Service

Evolved Out of the Need to Reconnect

Quality time with your loved ones



Bonding Thru Board Games is...

A tool that fosters the six major qualities that strong and successful families exhibit across cultures worldwide and in all family types:

- Time carved out for one another.
- Appreciation for each other.
- Room for communication.
- A venue to share values, life skills, beliefs.
- A special ability to cope with stress and crisis.
- Commitment for each other.



Purpose

There is a socio-emotional need in every human being for attachment, bonding, to love and to be loved, acceptance, belonging, and identity. We live in a busy world in which time together is often lost in the buzz of activity.

Bonding Thru Board Games is a tool to help families carve out quality time and learn to connect with one another.

Life Success: Key “Soft Skills”

Key “Soft Skills” that Foster Life Success

- **Self-control:** delay gratification, control impulses, direct and focus attention, manage emotions, and regulate behaviors.
- **A positive self-concept:** belief in one’s personal worth and likelihood of succeeding, ability to perform specific tasks, ability to monitor our thoughts and emotions as they arise, as well as self-worth and value, a sense of well-being and pride.
- **Social skills:** to get along well by respecting others, - appropriate behavior, and resolving conflict.
- **Communication skills:** oral, written, non-verbal, and listening
- **Executive Function:** problem solving, critical thinking, and decision-making. Focus on multiple things, juggle multiple information, monitor progress and revise plan.