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

2020 Event Schedule

Sedgwick County Extension
Sunflower Room

7001 W 21st Street North Wichita,
Kansas 67205

• January 17, 7 p.m. - 9 p.m.
• March 28, 9 a.m. -5 p.m.
Mega Event 4-H A, B, Kitchen
• May 15, 7 p.m. - 9 p.m.
• September 4, 7 p.m. - 9 p.m.
• December 18, 6:30 p.m. - 9 p.m.
Santa is coming!

Be a Volunteer!
2 hours 5 times a year

Visit us and Like us on Facebook:
www.facebook.com/bondingthruboardgames

Community Outreach

Sponsors, Volunteers, and Local Contact

K-STATE
Research and Extension

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

WICHITA SCHOOL DISTRICT

2019 FRIEND OF EXTENSION AWARD-WPD

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. John D. Floros, Director. MF 3400 May 2018
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

• 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.
• 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.