

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

Community Outreach

Sponsors, Volunteers, and Local Contact



2019 FRIEND OF EXTENSION AWARD-WPD



WICHITA SCHOOL DISTRICT

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



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"Bonding Thru Board Games"

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



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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.