Benefits of Board Games

1. Boost in Language Skills

For children who are reluctant readers or have trouble reading, playing board games is an easy way for children to work on their reading and language skills without even realizing it. Some games involve memorizing several pieces of information at once which can help children improve their reading comprehension. All of these skills are applicable to the school environment and can strengthen academic capabilities.

2. Stress Reduction

For children who have difficulty regulating their emotions and experience heightened levels of stress, participating in board games that directly help with emotional regulation and stress reduction can be extremely beneficial. For children who find it difficult to navigate group activities and suffer from social anxiety, board games can be very helpful and anxiety relieving for these children. Board games provide structures so that children know what is expected of them and their peers.
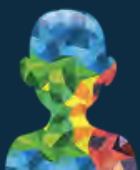
3. Memory Formation and Cognition

Playing board games has the ability to strengthen areas of the brain that are responsible for both memory and cognitive skills. The strengthening of these brain regions results in improved cognitive functions such as IQ, memory, information retention, problem-solving, logic, and directing one's attention. For children with behavioral concerns that experience difficulty concentrating and directing their attention, playing board games would be extremely beneficial in making their daily lives easier to navigate by enhancing this skill.

4. Teaches Children How to be a Good Sport

For children with low frustration tolerance, playing board games is a good way to practice self- control and being a good Caregivers should always play by the rules so children can practice losing every now and again; if they lose, they can practice different coping skills to promote resiliency when things don't go their way. Further, caregivers can set expectations about winning and losing before the game starts so they know it's not always about the win, but having fun and spending time with one another.