

An Introduction to Bonding Thru Board Games

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March 2025

K-STATE
Research and Extension

Southwind District

We've all spent a lot of time indoors lately, and with winter lingering, now is the perfect time to strengthen bonds with family or in the classroom through board games—they're more than just a pastime!

Every human being has a fundamental need for connection, belonging, and love. In today's fast-paced world, quality time is often lost in the rush of daily life. Board games offer a simple yet powerful way to foster meaningful connections and develop essential life skills.

Six Key Traits of Strong, Successful Families:

- Dedicated time for one another
- Genuine appreciation and support
- Open and honest communication
- A space to share values, skills, and beliefs
- Resilience in handling stress and challenges
- A deep commitment to each other



Board Games Help Develop Key Soft Skills:

- Social Skills: Respecting others, appropriate behavior, and conflict resolution
- Communication Skills: Verbal, written, non-verbal, and active listening
- Executive Function: Problem-solving, critical thinking, multitasking, and adaptability
- Self-Control: Managing impulses, emotions, and focus while practicing patience
- Positive Self-Concept: Building confidence, self-worth, and emotional awareness

It's important to know that all games are not the same. Euro-style games emphasize strategy while downplaying luck (players are allowed to control randomness) and indirect player conflict, which usually involves competition over resources. Eurogame activities create positive environments for relationships to grow.

Why Choose a Euro Game?

Euro-style board games feature engaging wooden components like cubes and meeples, keeping players involved even when it's not their turn. These games start players on equal footing, offering strategic choices to gain abilities. With simple rules and short playtimes, they emphasize strategy, resource competition, and minimal randomness.

Designed for all ages, Euro games encourage peaceful interaction, fostering relationships in a positive environment. Unlike video games, they promote face-to-face communication, helping players read body language and connect on a deeper level. Studies show board games enhance teamwork, communication, time management, problem-solving, and leadership skills.

You may find a list of these games here: <https://bit.ly/eurostylegames>.

This article is the first in a three-part series and comes from information in the Bonding Thru Board Games fact sheets. For more information contact Tara Solomon-Smith, tsolomon@ksu.edu, 620-244-3826.