

# Tonight Is Family Game Night

Everyone Is Family, Everyone Can Play



Family game night is when families play games at night. Family means friends and the people we care about, in addition to our relatives. Also, we are all members of one human family. Everyone can play, even solitaire.

Playing games with family is a common tradition all around the world. But we don't have to wait until after dusk to play a quick game in unison with our human family. Some people can't play at night, so they need to have family game time during the day. It's always nighttime somewhere, so family game night is always happening. Play like a champion today!

Family game night is a healthy activity recommended by experts. The National Institutes of Health (NIH) advises: "To reduce your child's screen time, set up a family game night and turn off all the screens in your home."<sup>1</sup> The Centers for Disease Control and Prevention (CDC) recommends: "If the weather prevents you from heading outdoors, try planning a family game night."<sup>2</sup>

Metro Nashville Public Schools also suggests that people participate in family game nights: "It's important for families to have fun together and Family Game Night is one way to do it. When you make time for fun, your family builds stronger relationships, learns new life skills, and creates memories that will last a lifetime."<sup>3</sup>

Metro Nashville Public Schools offers these Game Night Tips: (1) Set a time that works for everyone. (2) Have different games to choose from; add variety and choice. (3) Turn off or put away all screens. (4) Have snacks or dinner together. (5) Relax and enjoy, be mindful of the moment. (6) Be patient. Kids (and adults) might argue over the rules, etc. You are teaching your children to take turns, cooperate, problem solve, resolve conflicts, and to lose and win with grace. (7) Thank each other for playing and plan the next one. (8) At the end, reflect on what was fun or what you learned while playing.

The YMCA of Greater Seattle also backs family game nights: "Take a moment to laugh, play, and connect during a family game night. Add some friendly competition and rotate trophies. The most important aspect of family game night is to laugh, play, and have fun together as a family!"<sup>4</sup>

The YMCA of Greater Seattle suggests ending family game night with a "Compliment Circle." "End your family game night with compliments. This is an opportunity for us to reflect and appreciate those in our family. Be thoughtful and specific with your compliments. Identify who will be in the compliment chair first. Next, let the compliments begin! Make sure everyone has a chance to share a compliment with that person. Take turns, making sure everyone including adults get a chance to be complimented. This is a sure way to end your family game night in gratitude!" ☒

#### Sources:

1. [niddk.nih.gov/health-information/weight-management/healthy-eating-physical-activity-for-life/helping-your-child-tips-for-parents](https://niddk.nih.gov/health-information/weight-management/healthy-eating-physical-activity-for-life/helping-your-child-tips-for-parents)
2. [cdc.gov/nccdphp/dnpao/features/stay-active/index.html](https://cdc.gov/nccdphp/dnpao/features/stay-active/index.html)
3. [mnps.org/blog/2020/11/12/family-game-night](https://mnps.org/blog/2020/11/12/family-game-night)
4. [seattleymca.org/blog/ideas-family-game-night](https://seattleymca.org/blog/ideas-family-game-night)

**ICNC Game Night Program** – [icnc.home.blog/game-night](https://icnc.home.blog/game-night)