

**Family Game Nights**

**Description:**Too often after dinner family’s find themselves gathering around the couch to watch TV. The Family Game Night Challenge encourages families to replace that time spent playing a game together as family time. Too much TV and other forms of screen time (phone and computer) puts kids at risk for lower reading scores, attention problems, and problems learning. Limiting screen time can help prevent childhood obesity. Having a family game night is a great way to reduce screen time while also spending quality time as a family.

**How to Implement the Challenge:**
The goal is to choose one day a week to have a family game night this month. Plan the night in advance to avoid any scheduling conflicts. Choose any board game or card game for a friendly fun competition between family members, you can also find easy printable games online.

Schedule game night on the calendar: Goal – 1 night a week/3-4 nights a month

At the end of the month children will be able to come into class and talk about the fun games that they played, giving other families ideas for future game nights.



 **Game Night Calendar**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |