



**KEEPING CONNECTED
WHILE STAYING APART**



Temple University
Collaborative

On Community Inclusion of Individuals with Psychiatric Disabilities

Have Some Competitive Fun by Playing Board Games!

Area of community participation: Family, leisure, and social inclusion

Description of Activity: If you're looking for something to do with your family while staying inside the house all day, why not break out a board game? By getting the whole family involved in a game like Monopoly, Risk, or Catan, you can create hours of fun and competition that brings you closer together. Don't have any board games on hand? If you have a deck of cards, learn a multiplayer card game like Canasta, Gin Rummy, or Hearts to play with your family and friends. But what about if you're living alone at the moment, or want to play with friends at a distance? Try using an online boardgame platform, like Board Game Arena and Tabletopia! Board Game Arena and Tabletopia both allow you to play online board games with any friend who has internet access. Whether you're playing in person or across the country, use a board or card game as a way to connect and have fun with those you love!

Resources and Materials needed:

- Internet connection and internet compatible device (for virtual options)
- Board game of your choosing or deck of cards (for face-to-face options)

Potential Benefits:

Family: Playing board games are a great way to have the whole family invested in one activity, giving you the opportunity to bond and relax! Board games are also a great way to include older relatives involved in family activities.

Leisure: Playing board or card games is a great way to destress and focus on a fun activity. And with some games, like chess, you could even turn it into a hobby!

Social Inclusion: By playing board or card games with others, you'll connect (and compete!) with those you love in a way that's fun and helps pass the time.

Links:

Board Game Arena: <https://en.boardgamearena.com/join>

Tabletopia: <https://tabletopia.com/>

Card Game Rules: <https://bicyclecards.com/rules/>

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