Parent-Teen Activity Series
Game Night

Modern technological conveniences often hinder family opportunities for healthy interaction. Instead of watching television one night, try organizing a family game night.

♦ Schedule the game night ahead of time; make sure to check everyone’s calendar to ensure it will be on a night that is convenient for all.

♦ Sometime before the big event, have an “Organizational Committee” meeting – in other words, the family should discuss the plans together!

♦ At this meeting, all rules and guidelines for the event will be established. For example, will this be a competition or just for fun? If it is a competition, will there be teams or just individuals? What does the winner win?

♦ Special snacks should be prepared for the participants. One interesting way to do this would be for each person to contribute their favorite snack, whether homemade or just store-bought.

♦ Try selecting quick-moving games and don’t linger too long on any one game. Sometimes, the rules might need to be slightly changed to adapt the game to the event.

How will this activity promote the parent-teen relationship?

The simple act of setting aside a night for each other is a major accomplishment for some families who hardly have time to spend time together.

Forming teams for a competition may allow certain family members who normally have difficulty getting along to bond.

This will give parents an opportunity to set an example of good sportsmanship by obeying the rules, maintaining a good attitude, not arguing or fighting, etc.

How about this . . .

- If your family enjoys this activity enough, it could become a regular weekly or monthly event.
- Each month a different family member could be “in charge.”
- Different themes could be explored – table games one month, outdoor activities the next, etc.

Developed by Auburn University, in collaboration with USDA, DoD, and Va Tech under USDA Agreement No. 99-EXCA-3-0823.

Issued in furtherance of Cooperative Extension work in agriculture and home economics, Acts of May 8 and June 30, 1914, and other related acts, in cooperation with the U.S. Department of Agriculture. The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) offers educational programs, materials, and equal opportunity employment to all people without regard to race, color, national origin, religion, sex, age, veteran status, or disability.