

## Sharing games to improve relationships

Sharing games where participants are encouraged to take turns can develop key social skills such as empathy, consideration for others and patience.

When you're planning activities to encourage children to share, try to keep these points in mind:

- **Be accepting** – recognise that they will find it hard to share
- **Be realistic** – sharing is not a concept that they are suddenly going to 'get'
- **Be gentle** – at this stage, it's about giving them opportunities to practise sharing and guiding them in the right direction rather than forcing the issue
- **Be patient** – keep going and their sharing skills will gradually develop
- **Be a role model** – demonstrate good practice

Many traditional board games already have a turn taking element such as snakes and ladders and battle ships. You can use these games to promote skill development. Just ensure you adhere to the statements above.

### Make your own board game session

It is a great idea to create your own family board game. You can base it on the more widely known games. However, by creating your own gives ownership to the young people. For example, you can make a game of zip wires and trampolines (based on snakes and ladders). You are only limited by your own creativity but children have a fantastic sense of creativity so let them lead it. Encourage their ideas but also incorporate rules and rewards in to the game.

Once you have created and completed the game ensure you give positive praise to each participant for good behaviour and following the turn based system during the session.

It is important that you follow the statements above. Remember that things might not always go to plan and that's OK, you can always try again or take a break and come back to it after a snack.