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## Did You Know?

Board games can help people learn important soft skills like self-control, confidence, communication, getting along with others, and solving problems. These are the kinds of skills that help us do well at school, at home, at work, and in everyday life.

## Soft Skills vs. Hard Skills

There are two kinds of skills we all need: soft skills and hard skills. Both are important, but they help us in different ways.



Soft skills are about how we act and how we treat others. They include being kind, staying calm, listening, working with a team, and solving problems. These skills help us handle change and get along with people everywhere—at school, at home, or at work.

Hard skills are things we learn to do, like using a computer, reading a map, or doing math. These are usually taught in school or through practice. They help us complete tasks and do jobs.

While hard skills can change over time, soft skills always matter. Today, soft skills are not just “nice to have”—they’re something we must have to succeed.

## How Board Games Help Kids Learn and Grow

Board games are not just fun—they help kids practice soft skills while playing! Here's how board games help kids grow:

- **Self-Control & Patience**

Sometimes in games, you lose a turn or get a bad card. This teaches kids to stay calm, wait their turn, and keep trying even when it's hard.

- **Confidence & Feelings**

Board games help kids feel proud of themselves. They learn that trying their best is more important than winning and that it's okay to make mistakes.

- **Making Friends & Feeling Happy**

Playing games with others can help kids feel less lonely. It's a fun way to make friends, spend time with family, and feel good inside.

- **Talking & Listening**

Games give kids a chance to practice speaking clearly and kindly. They also learn to listen carefully and follow directions or rules.

- **Getting Along with Others**

In games, everyone has to take turns and sometimes work as a team. Kids learn how to share, be fair, and solve problems together.

- **Thinking & Solving Problems**

Many games make kids think hard, remember the rules, and make smart choices. They also learn to change their plans if something unexpected happens.

## Southwind District