

MOTIVATION MONDAY

Date: 14th December 2020

The YMCA logo is displayed in blue, blocky capital letters on a green, trapezoidal background that tapers to the right.

Theme of the week: National Games Day

Games Day was created by the British game production and retail company, Games Workshop, which started out producing more traditional games such as backgammon and later moved on to fantasy universe games, such as Warhammer. The very first of these soon to become extremely popular events took place in London on December 20, 1975. In a very short period of time, these events really took the UK's gaming community by storm and brought many people together, which did a great deal to build up the nation's gaming scene.

Action

Exercise 1: Family Face Off

Instructions: If you have enough time, divide the night into several parts, each dedicated to a different family member who gets to choose the game of their choice, whether it be a board game, card game, computer game. ANY type of game. Each member of the family will then face each of the others taking part in each game so to have the chance to challenge yourselves on different levels and in different ways, in different styles of games. If you want, create a leader board and see who the ultimate gamer in your family is.

If you don't have the time to play multiple in one night, play over multiple nights or just stick to one game and the winner takes it all.

Exercise 2: Family Top Trumps

Instructions: Create a version of the very popular Top Trumps game with your family, pets and friends as the characters. If you can try and create 30 cards with 5 categories on each. Some category ideas are height, speed, age, intelligence, humour, strength, gaming skills, creativity.

Down below is a template you can use, or if you want a different style you can search online for more free templates.

Outcome / Mission Moments:

- How has this exercise made you feel?
- Did you learn a new skill or interest?
- Maybe encourage other members of your family to get involved!