



Gather Everyone Together

A Family Engagement E-Letter from the ADAMHS Board Prevention Project

SPECIAL EDITION: GET SHUFFLIN'

Get Shufflin' Together!

Research suggests shows that card-related games could benefit our mental and emotional wellbeing. Playing cards is a way to keep our minds healthy, connect to others, and simply relax. Card games can expand our brain power, delay cognitive disorders, and exercise many social skills such as respect, honesty, and patience to name a few. Card games can even improve self-confidence in social environments and allow some to relax and cope with stress! Less competitive or one player games can give your brain time to relax and unwind after a long day. In the end, card games are another form of entertainment and meant to be fun. These days, it is hard to avoid being "plugged into" some sort of electronic device for work or school so what better way to break away from your screens and connect with your most important followers – your loved ones at home! We even created a special deck of cards that serves dual purpose during this unique time in history: you can play your favorite games while pondering thoughts on life and living. If you didn't get a deck, email: sciprevention@gmail.com so your family can **GET Shufflin'**!

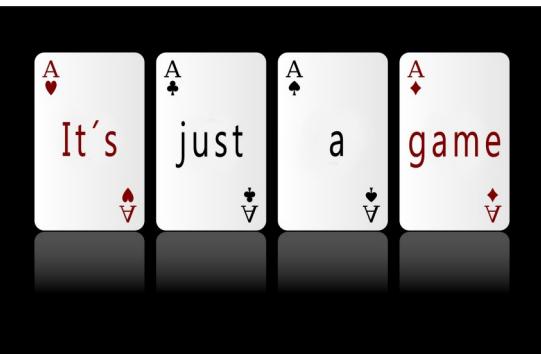


Game On!

Schedule a weekly game night to play your family favorites or start a new tradition. Or challenge yourselves to learn a new game each day. Everyone benefits from face to face time together. Here are a few popular games to get you started:

Blitz (2-12 players) -Also known as "Scat," "Thirty-One," and "Ride the Bus." Players draw and discard a card each turn with the aim of trying to improve their three card hand. The goal is to have the closest to 31 points in one suit once the deck runs out.

Spoons (2-8 players) - Also known as "Pig" or "Donkey." Players should always have four cards and simultaneously pass a card to the left, until someone gets a set of four matching cards. Once they obtain four matching cards they slyly take a spoon from the center, which is the signal for everyone to grab a spoon. Like musical chairs there is one less spoon available than the number of players. Take out another spoon each round until there is one spoon and two players left. (Some people play this with cellphones instead of spoons!) Try a seven card version of this game known as "My Ship Sails" where the goal is to get all of the same suit before grabbing a spoon. (Note: This game can get wild—and be a great workout—so make sure everyone is in it for fun!)



I Doubt It (3-13 players) - Also called "cheat." Start by dividing the deck evenly among players. On your turn, place however many cards face down from your pile you desire and state what the cards are. For instance "3 Aces" or "Two Fives". You can bluff about what cards you are playing on a turn, but if you get challenged and caught you have to pick up the entire pile. The aim is to be the first to get rid of all your cards.

Speed (2-4 players) - Also called "Spit". The aim is to be the first to get rid of all your cards by simultaneously and quickly playing cards of higher or lower value to a common pile. Speed is essential to discarding your cards.

Find more games at <https://playingcarddecks.com/blogs/all-in/40-great-card-games-for-all-occasions> (Note: Parents should choose games based on what they feel is appropriate for their family.)

Interesting Card Facts!

WHO IS HOYLE? If you've ever heard someone refer to "The Book of Hoyle" when arguing about rules they are referring to a book written by a British writer named Edmond Hoyle (1672-1769). His writings gave rise to the common phrase "according to Hoyle," signifying full compliance with universally accepted rules and customs. He is also known for recording the laws and strategy of backgammon, chess and other games.

WHAT'S A BOWER? In the popular 4 person game, Euchre, the jacks of the suit known as "trump" are the most powerful cards and referred to as "bowers." The word comes from the German *Bauer*, literally "farmer" but also meaning "jack." Some say that Euchre is the reason the joker was invented—the joker being, in effect, a glorified jack.

WHY 52 CARDS IN A DECK? The four suits represent the four seasons, the 13 cards in each suit represent the 13 phases of the lunar cycle, 52 = the number of weeks in a year, and the sum of the value of cards $4 \times (1+2+3+4+5+6+7+8+9+10+11+12+13) = 364 + 1$ or 2 jokers the number of days in one year.

This newsletter was created by the P3: Positive Prevention Program. Please contact us with comments/requests: sciprevention@gmail.com and follow us on social media. Sources: <https://pixabay.com>; <https://www.britannica.com>; <http://puzzlemaker.discoveryeducation.com>

Find Solutions Together

T U U S S I O P G W N Q V C K
C R A Z Y E I G H T S H R P H
E J P W M U S B B S M I U I S
U L U M M C B O T O B T B N I
V G C U U H J R L B W R G O F
M F N Y R R A Y A I I E H C O
F O Q B C E T G Z D T J H R G
S E Q M H I E I G W L A P L N
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HAND
HEARTS
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