

# THE MINDCAP MOMENT



HOLIDAY EDITION

## WELCOME TO THE HOLIDAY EDITION!



This holiday season, consider giving the gift of family time through game play and book reading! This edition of The MINDCAP Moment is dedicated to our mediators' favorite games and books-- Recommendations for real life applications to help you with your holiday shopping this year!

Every client I start at MindCAP learns Pente with me in their first session. I like it because the rules are simple, and they can be simplified even more, depending on the ability of the players. However, if the ability of the players is advanced, it can be a pretty complex strategy game. Rounds of play are relatively quick.



## PENTE



*Recommended by Nathan Kipfer*

## QUIXO



*Recommended by Vicki Snyder*



No surprise, my #1 game choice is .... wait for it,,,,, Quixo! I like it because it is easy for all ages to learn. Young kids can play it but don't have an understanding of the finesse of the game for strategy or defense. It plays well at multiple levels of ability. Tic Tac Toe is usually a familiar game so this is a good one to bridge off of. You have to do good gathering of info, hold 2+ things in your mind, hypothetical thinking, planning, considering point of view, taking a moment to think, and self-control. I also like it because it utilizes turn taking. And like Pente it is not a long playing game usually.

Another one of my favorites, for similar reasons as Pente, is Otrio. Everyone knows tic-tac-toe, and this game builds off of that. Depending how you play the game it can be as basic as tic-tac-toe; or (for example) if you play the game with 2 players but still use all 4 colors, as if 4 players are playing, it takes significant thought to play the game effectively and keep track of everything that is happening. Game is not super time-consuming if you don't want it to be.

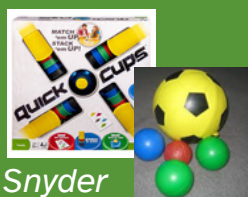


## OTRIO



*Recommended by Nathan Kipfer*

## QUICK CUPS & BALLS



*Recommended by Vicki Snyder*  
*Recommended by Anne Merritt*



For more competitive type games, Vicki likes Quick Cups - it uses self-control, visual carry and copy, precision and accuracy in input and output.

For all ages, balls of various sizes make a great gift! Play games (such as bounce-catch, toss-catch, aim for a target, etc.) as a family to practice basic ball skills. Add counting, naming items in a category, or rhythm to add more challenge to your game!

I love Quarto as the rules themselves are not overly complex, but it provides some great challenge as more pieces are added to the board. Strategies like systematic search, holding 2 or more things in mind, comparing, relevant cues, hypothetical thinking, etc. are used. Plus, it's unique compared to many other games in that a person's opponent chooses the piece they must play.



## QUARTO



*Recommended by Karla Sheley*

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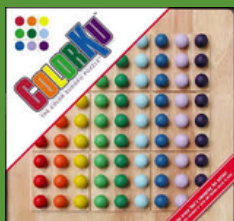
NEWSLETTER

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Another game that can be fun for the whole family is Charades. Just whip out pieces of paper and have players write down some nouns or verbs. Place the papers in a hat and take turns acting out.

**CHARADES**  
Recommended by Julie Smith

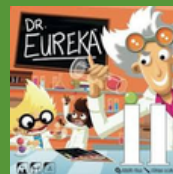
## COLORKU



Recommended by Karla Sheley

I also have more recently been using Colorku. Many people are familiar with Sudoku, so for those clients, it can be an interesting shift from numbers to colors. Others may not be familiar, but like with Quarto, the rules are not overly complex, but the game can be challenging. Various levels of challenge can be chosen as well. Many different cognitive strategies are required such as systematic search, holding 2 or more things in mind, using logic, using labels, hypothetical thinking, careful thinking, etc.

Dr. Eureka is a game for 1 - 4 players and for ages 8 and up. A Challenge Card is displayed, and players race to be the first to duplicate the order and colors shown on the card with the colorful plastic balls (called molecules in the game) by pouring the molecules between their own three "test tubes," without touching the balls or allowing them to fall from the tubes. This is a problem-solving game, targeting visual perception, processing speed, and fine motor skills - and a favorite with our grandkids!



## DR. EUREKA

Recommended by Randy & Cheri Kipfer

## GENIUS SQUARE



Recommended by Julie Smith

A great game for any time of the year is Genius Square. This game is great because it can be played individually or competitively. Players place barriers on a grid and fit uniquely shaped pieces around the barriers until the board is full and all the pieces are placed. The playing field changes every time you set up the board, giving the players a new challenge every time they play!

Did you know you can stretch and grow your own brain? Or that making mistakes is one of the best ways your brain learns? Awarded as one of the best growth mindset books for kids, Your Fantastic Elastic Brain: Stretch It, Shape It teaches all the ways that the brain can develop with exercise, just like the rest of our bodies.



## BOOK OF THE MONTH

Your Fantastic Elastic Brain  
by Joann Deak

Educator and psychologist Dr. JoAnn Deak offers a fun and engaging introduction to the anatomy and functions of the brain that will empower each young reader to S-T-R-E-T-C-H and grow their fantastic, elastic brain!

## ANNOUNCEMENT!

THE MINDCAP CENTER WILL BE OPENING A LENDING LIBRARY FOR BOOKS AND GAMES STARTING IN DECEMBER!

