

A PROGRAM OF UNITED DISABILITY SERVICES



# TOY & RESOURCE CENTER BUILDING BLOCKS

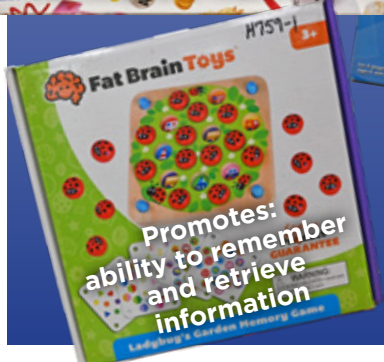
ONE ITEM ONE SITE ONE IDEA

Everyone can get on *board* with **board**

**games!** Regardless of your age, there are a bonanza of benefits reaped from playing board games! Here are some examples:

- Alternative to screen time/electronics
- Build interpersonal relationships/family time
- Teach positive social behaviors (e.g. turn taking, coping)
- Promote critical thinking skills (e.g. strategizing, problem solving)
- Decrease risk of Alzheimer's and dementia in elderly people (playing creates more brain neurons)
- Increase focus/concentration /memory
- Address academic skills

We have dozens of games from which to choose—stop on in—you have nothing to lose!



You will never get  
"board" finding games  
to play at the TRC!

## ONE SITE

Here is a resource listing fifty of the best board games for toddlers and preschoolers! Check it out as plan your holiday shopping.

<https://www.weareteachers.com/best-board-games-for-preschoolers/>

## ONE IDEA 3 C's

**Craft:** Make your own board games with the help of these ideas from PBS:

<https://www.pbs.org/parents/crafts-and-experiments/create-your-own-board-game>

**Cook:** Play a game of Pancake Pile-up! in your pjs followed by preparing pancakes together! Stop by the Center to pick up the game.



### Community Event:

When you are finished playing games, hit the road and tour neighborhoods to view holiday decorations! Check out 330ToGO (2024 Holiday Light Loops) on Facebook for a listing of participating locations in the area.

## BONUS BLOCK

Healthy habits can't be beat so check out We Rock the Spectrum, a community resource that promotes exercise AND sensory stimulation using specially designed sensory-safe equipment. There are two locations:

[werockthespectrumstow.com](http://werockthespectrumstow.com)  
[werockthespectrumcleveland.com](http://werockthespectrumcleveland.com)



**Why buy when you can borrow?** United Disability Services' toy lending library loans developmental toys and resource materials to its members. Stop by and see us!

**UDS ♦ 701 S. Main St., Akron, OH 44311 ♦ 330-762-9755**  
[www.udsakron.org](http://www.udsakron.org)

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