

# Family Super Bowling

*How to Involve Children  
in the Excitement*



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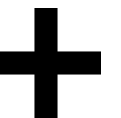


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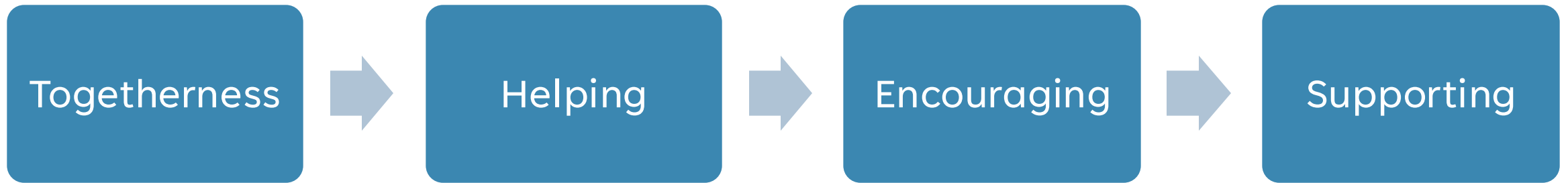
# A Balancing Act

*For Everyone to Enjoy a Super Bowl,  
Remember that Children:*

- Have short attentions spans
- Need to know what to expect
- Will need acceptable distractions
- Will need some of your attention
- May react in unexpected ways to game festivities



# Talk About How a Family is a Team



# Talk about Team Logos

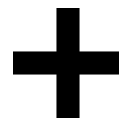
- Read books about what each team represents
- Talk about what is special about logo
- Draw pictures of logo
- Help child create a logo for your family





# Give Hands-On Explanation of Football

- Age-appropriate explanation
- A child sized football to hold/throw/catch/kick
- Gentle tackling experience
- Lots of cheering



# Prepare to Be a Fan

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- Make banners
- Come up with special cheers
- Use washable marker to design t-shirt

# It's all about the Snacks!

- Work with you child in coming up with special game day snacks for adults and children.
- Get creative and think of snacks that represent your team color(s)
- If other family members/friends are coming, have a little snack competition





# Make a Football Den for Game Time

Most kids will not want to watch the entire game. Build a space for them to take timeouts:

- Blankets
- Sheets
- Toys
- Snacks



# Involve Your Child in Score Keeping



Come up with creative ways to keep score

- Pretzel sticks (count them before eating)
- Ring a bell
- Do a special dance
- Make a scoreboard and use stickers for points



## Check in With Your Child at Half-Time

- Do they need a break
- A pep talk
- To wrap things up

