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### Playing board games improves analysis capacity and stimulates the brain:



This activity is a wonderful exercise for the brain because playing stimulates brain areas that are responsible for complex thought and memory formation for both – youngsters and adults, it assists in practicing essential cognitive skills, such as problem solving and decision making. On the other hand they also help them to develop their analytical skills while having fun and they do it because they will have to think about which throw to make or which plan to undertake in order to be closer to winning.