



SCHOOL

ALL INDIA CHESS FEDERATION



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Benefits of Chess for Children

Chess has long been considered a way for children to increase their mental prowess, concentration, memory, and analytical skills. To anyone who has known the game, it comes as no surprise that these assumptions were actually proven in several studies on how chess can improve the grades of students.

Although chess has been shown to increase the mental abilities of persons of all ages, the main studies have been done with children. This is first for the obvious reason that students are constantly tested anyway, and therefore the data need only be analyzed, and secondly because children's mental development is more rapid and can be more easily measured than persons at a later life stage.

WHY OFFER CHESS-IN-SCHOOLS?

- The plates of both children and teachers are full to overflowing with content. How and why should schools find a place for chess?
- Schools and educators need a simple and direct way to teach thinking skills. It is important that the content should not keep expanding every day. The main challenge for children should be to explore and develop the way that we think. If it could be fun as well, that would be ideal.
- Chess provides the perfect educational cutlery or chopsticks to achieve that!

Academic Benefits. We have brought chess to the schools because we believe it directly contributes to academic performance. Chess makes kids smarter. It does so by teaching the following skills:

Focusing - Children are taught the benefits of observing carefully and concentrating. If they don't watch what is happening, they can't respond to it, no matter how smart they are.

Visualizing - Children are prompted to imagine a sequence of actions before it happens. We actually strengthen the ability to visualize by training them to shift the pieces in their mind, first one, then several moves ahead.

Thinking Ahead - Children are taught to think first, then act. We teach them to ask themselves "If I do this, what

Weighing Options - Children are taught that they don't have to do the first thing that pops into their mind. They learn to identify alternatives and consider the pros and cons of various actions.

Analyzing Concretely - Children learn to evaluate the results of specific actions and sequences. Does this sequence help me or hurt me? Decisions are better when guided by logic, rather than impulse.

Thinking Abstractly - Children are taught to step back periodically from details and consider the bigger picture. They also learn to take patterns used in one context and apply them to different, but related situations.

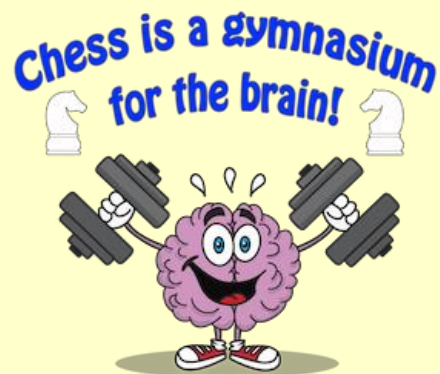
Planning - Children are taught to develop longer range goals and take steps toward bringing them about.

Juggling Multiple Considerations Simultaneously - Children are encouraged not to become overly absorbed in any one consideration, but to try to weigh various factors all at once.

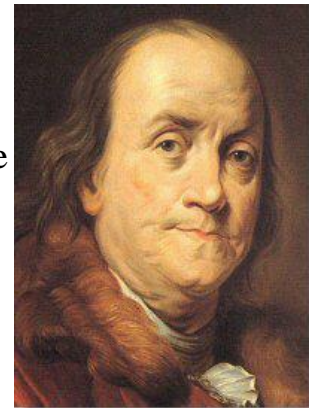
From “The Morals of Chess”, written by Benjamin Franklin in 1750.

Chess Makes You Smart; Here's the Proof!

Playing chess has proven to help students enhance their creativity, improve their power of concentration, develop and expand critical thinking skills, boost memory and retention, and achieve superior academic performance. Additionally, chess has been shown to augment problem-solving capabilities, provide cultural enrichment, advance intellectual maturity, and enhance self-esteem. We know that these are qualities that school administrators, parents, and teachers desire for their students.



"Chess teaches foresight, by having to plan ahead; vigilance, by having to keep watch over the whole chess board; caution, by having to restrain ourselves from making hasty moves; and finally, we learn from chess the greatest maxim in life - that even when everything seems to be going badly for us we should not lose heart, but always hoping for a change for the better, steadfastly continue searching for the solutions to our problems."



Benjamin Franklin (1706-1790)

Statesman, philosopher, inventor, scientist, musician, economist

Marcel Milat: "...One of the essential goals of education is to teach children to think critically: students must learn to make reasoned judgments. Chess is an excellent tool to demonstrate the theme of critical thinking. ..." [Read More](#)

Phil Shapiro: "... Chess requires that individuals become actively involved in a mentally demanding competition; its effects are stimulating, wholesome, and healthy. ..." [Read More](#)

Robert C. Ferguson, PhD.: "Dr. Stefurak, a cognitive neuropsychologist, stated that 'chess instruction informs the mind and the emotions in such a way as to structure an emergent mental circuit where motivation and ability multiply to produce achievement in chess" [Read More](#)

WHY SHOULD YOU PLAY CHESS? WHAT ARE THE BENEFITS?

Chess is a game for people of all ages. You can learn to play at any age and in chess, unlike in many other sports, you don't ever have to retire. Age is also not a factor when you're looking for an opponent --young can play old and old can play young.

Chess develops memory. The chess theory is complicated and many players memorize different opening variations. You will also learn to recognize various patterns and remember lengthy variations.

Chess improves concentration. During the game you are focused on only one main goal -- to checkmate and become the victor.

Chess develops logical thinking. Chess requires some understanding of logical strategy. For example, you will know that it is important to bring your pieces out into the game at the beginning, to keep your king safe at all times, not to make big weaknesses in your position and not to blunder your pieces away for free. (Although you will find yourself doing that occasionally through your chess career. Mistakes are inevitable and chess, like life, is a never-ending learning process.)

Chess promotes imagination and creativity. It encourages you to be inventive. There are an indefinite amount of beautiful combinations yet to be constructed.

Chess teaches independence. You are forced to make important decisions influenced only by your own judgment.

Chess develops the capability to predict and foresee consequences of actions. It teaches you to look both ways before crossing the street.

Chess inspires self-motivation. It encourages the search of the best move, the best plan, and the most beautiful continuation out of the endless possibilities. It encourages the everlasting aim towards progress, always steering to ignite the flame of victory.

Chess shows that success rewards hard work. The more you practice, the better you'll become. You should be ready to lose and learn from your mistakes. One of the greatest players ever, Capablanca said, "You may learn much more from a game you lose than from a game you win

Chess and Science. Chess develops the scientific way of thinking. While playing, you generate numerous variations in your mind. You explore new ideas, try to predict their outcomes and interpret surprising revelations. You decide on a hypothesis, and then you make your move and test it.

Chess and Technology. What do chess players do during the game? Just like computers they engage in a search for the better move in a limited amount of time. What are you doing right now? You are using a computer as a tool for learning.

Chess and Mathematics. You don't have to be a genius to figure this one out. Chess involves an infinite number of calculations, anything from counting the number of attackers and defenders in the event of a simple exchange to calculating lengthy

continuations. And you use your head to calculate, not some little machine.

Chess and Research. There are millions of chess resources out there for every aspect of the game. You can even collect your own chess library. In life, is it important to know how to find, organize and use boundless amounts of information. Chess gives you a perfect example and opportunity to do just that.

Chess and Art. In the Great Soviet Encyclopedia chess is defined as "an art appearing in the form of a game." If you thought you could never be an artist, chess proves you wrong. Chess enables the artist hiding within you to come out. Your imagination will run wild with endless possibilities on the 64 squares. You will paint pictures in your mind of ideal positions and perfect outposts for your soldiers. As a chess artist you will have an original style and personality.

Chess and Psychology. Chess is a test of patience, nerves, will power and concentration. It enhances your ability to interact with other people. It tests your sportsmanship in a competitive environment.

Chess improves schoolwork and grades. Numerous studies have proven that kids obtain a higher reading level, math level and a greater learning ability overall as a result of playing chess. For all those reasons mentioned above and more, chess playing kids do better at school and therefore have a better chance to succeed in life.

Chess opens up the world for you. You don't need to be a high ranked player to enter big important competitions. Even tournaments such as the US Open and the World Open welcome players of all strengths. Chess provides you with plenty of opportunities to travel not only all around the country but also around the world. Chess is a universal language and you can communicate with anyone over the checkered plain.

Chess enables you to meet many interesting people. You will make life-long friendships with people you meet through chess.

Chess is cheap. You don't need big fancy equipment to play chess. In fact, all you may need is your computer! (And we really hope you have one of those, or else something fishy is going on here.) It is also good to have a chess set at home to practice with family members, to take to a friend's house or even to your local neighborhood park to get everyone interested in the game.

CHESS IS FUN! Dude, this isn't just another one of those board games. No chess game ever repeats itself, which means you create more and more new ideas each game. It never gets boring. You always have so much to look forward to. Every game you are the general of an army and you alone decide the destiny of your soldiers.

Chess Helps Developmental Thinking in Kids

As a chess coach, I have seen that chess does more, much more. When a child takes up the Royal game he begins to develop logical thinking, critical thinking, decision making, problem solving, as well as, mathematical skills, algebra and geometry.

Chess and the 5 R's for Kids

Chess and Reading: because kids must study from many chess books in order to develop their game.

Chess and Writing: because the rules of chess state that you must keep a score of your game.

Chess and Math: because each piece on the chess board has value, some greater than others; if you loose stronger pieces for lesser ones, it may cost you the game.

Chess and Responsibility: because you and you alone must direct your army of pieces to its best deployment, and bad decisions will allow your men to be captured with little or no compensation, which may also cost you the game.

Chess and Respect: because you respect yourself as well as your opponent, each game begins with a handshake and ends with a handshake.

CHESS AS PART OF THE CURRICULUM?

After learning that the [U.P Chess Federation](#) pledges that "Chess Makes Kids Smart," I found myself wondering if smart kids play chess or if chess *really* makes kids smart. Could this game be a key in our ongoing search to strengthen the thinking skills of 21st century learners?

Chess Makes Kids Smart

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performance. Additionally, chess has been shown to augment problem-solving capabilities, provide cultural enrichment, advance intellectual maturity, and enhance self-esteem. We know that these are qualities that school administrators, parents, and teachers desire for their students. [For additional information and supporting res](#)

Current School Programs

If a customer list is any indicator of success, then Kid Chess has made its mark on India's Schools. We work with numerous public and private schools in Lucknow , Varanasi & Allahabad, including:

- Lucknow Public school
- St. Xaviers public school Iko
- Delhi public school Varansi
- Sunbeam Public School Varansi
- S S public school varansi,lucknow



CHESS AS A TEACHING TOOL

- Chess has all the qualities needed to be an excellent teaching tool.
- For maximum benefit, it should be introduced in schools not to develop chess players but to further a child's development.
- Chess can be used to solve educational problems, especially when used to teach process standards, the 'Thinking Skills'.
- Chess used, not for the sake of teaching chess, not to create better chess players, but to create more intelligent schools leavers, better adapted to our knowledge-based world; a brighter future for our global society.

EDUCATIONAL BENEFITS OF CHESS

- Chess teaches children to think analytically, logically and on more than one level.
- Chess helps promote intellectual growth and has been shown to improve academic performance.
- Chess is a powerful tool for developing thinking and memory in children.
- It teaches children to think analytically, logically and on more than one level.
- It also helps them build up their decision-making tools. It educates them to be responsible for their decision and the consequences of those decisions.
- Chess enhances cognitive abilities, rational thinking, patience, and reasoning.

- Chess uncovers both a child's and adult's hidden abilities and talents.

Geniuses are typically recognised as productive creators in only six fields: science, math, music, art, literature, and - Chess!

SOCIAL BENEFITS OF CHESS

- Reduced delinquency
- Improved ethical sense
- Improved discipline
- Improved sense of fairness
- Integration of minorities

HEALTH BENEFITS OF CHESS

An increasing amount of attention has been paid to the health benefits of chess. These are most recent discoveries and point to the great value of learning chess during childhood since it seems to confer health benefits almost from the cradle to the grave. They can be summarized as:

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- Chess leads to an improvement in cognitive functioning and has been cited as a significant tool in the fight against Alzheimer's.
- Chess can help patients who have suffered from stroke to recover.
- Chess assists recovery in people suffering from physical and emotional disability.
- Chess helps to prevent anxiety and depression by encouraging self-improvement, improving self-esteem and self-confidence,
- By contrast, excessive time spent on activities that do not challenge the brain, particularly watching television, has been linked to an increased incidence of depression.
- Chess, as recreational therapy, helps prevent or reduce non-adaptive or inappropriate behaviour.
- It has long been known that chess improves attention, memory organization skills and perception.

It improves the ability of cognitive-impaired individuals to work on issues related to orientation, sensory