



Intellectual Benefits

- Chess improves our schoolwork and grades. Numerous studies have shown that children obtain a higher reading level, math level and a greater learning ability overall as a result of playing chess, thus increasing our overall self-esteem.
- Chess develops and improves memory. Learning chess theory, different opening variations and patterns keeps the mind sharp.
- Chess improves concentration. We must be focused on the task in front of us during the game.
- Chess develops logical and strategic thinking by teaching us to search for the best and most efficient way to accomplish our goal.
- Due to the skills learned in studying chess, all other activities, both academics and other sports, are experienced with greater success. (The bullet points above confirm how.)

Emotional Benefits

- Chess develops imagination and builds creative minds. It encourages us to be inventive.
- Chess teaches independence.
- Chess is a test of patience, nerves, willpower, and concentration.

Social Benefits

- Chess enhances our ability to interact with other people.
- Chess opens up the world for us. It is a universal language. Most tournaments welcome players of all abilities. It provides us with numerous opportunities to travel around the country, and even the world.
- Chess enables us to meet many interesting people and encourages us to make new friends.
- Chess is a game for all people of all ages and is fun.
- Chess can be learned to play at any age, and in chess, unlike other sports, we never have to give it up.
- Chess allows girls and boys to compete against one another in a socially acceptable manner.

Sportsmanship Benefits

- Chess tests out sportsmanship in a competitive environment, giving us an opportunity to learn how to win graciously and how to improve our skills through not winning. There is only losing when we don't try or choose not to learn from the experience.
- Chess helps us make important decisions influenced only by our own judgment and to accept the consequences of our actions.

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Aciego R. Garcia, L & Betancort, M (2012)The benefits of Chess for the Intellectual and Social-Emotional Enrichment of Schoolchildren, The Spanish Journal of Psychology 2012. Vol. 15, No. 2, 551-559. http://dx.doi.org/10.5.209/rev_SJOP2012.15.n2.38866
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