



THE MINDSPORT BRIDGE

Bridge is a partnership card game which requires communication and the development of empathy. Bridge teaches the value of loyalty, cooperation and mutually supportive relationships.



STRATEGIES & SKILLS

Reading opponents strategically

Players assess the best course of action through logical and thoughtful analysis of situations.



Preparation and cooperation

Top players prepare in advance and work on strategies with their partner away from the bridge table.



PARTNERSHIP

Building a strong partnership takes time, effort, empathy and understanding.

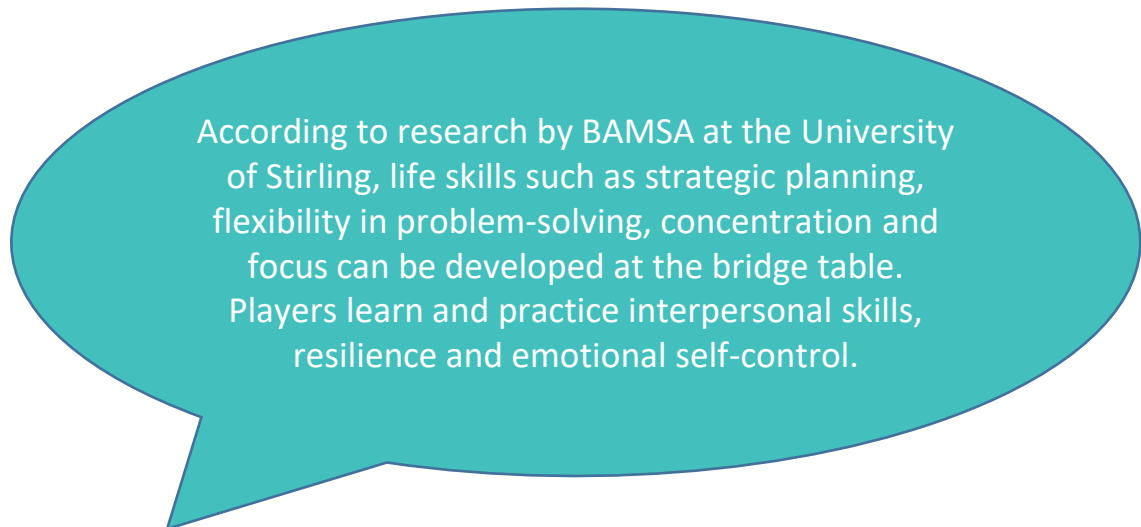


Supportive silence

Bridge is a game of mistakes that requires a calm demeanour when things go wrong.

Disciplined planning

Successful players respond to events in a disciplined manner. They learn to anticipate problems that might occur.



According to research by BAMSA at the University of Stirling, life skills such as strategic planning, flexibility in problem-solving, concentration and focus can be developed at the bridge table. Players learn and practice interpersonal skills, resilience and emotional self-control.

Punch, S. and Snellgrove, M. (2021) [Playing your Life: Developing Strategies and Managing Impressions in the Game of Bridge](#) *Sociological Research Online* 26(3): 601–619.

Keen to Learn Bridge?

- Try [Tricky Bridge](#) (free from App Store)
- Ask your local bridge club about lessons
- [Find a local bridge teacher](#)



Bridge: A MindSport For All

www.bridgemindsport.org

