



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.



Supportive silence

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

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.



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
- Contact your [National Bridge Federation](#)



Bridge: A MindSport For All

www.bridgemindsport.org