JAINAM ONLINE CLASSES

The Parent's Guide to Introducing Chess

Everything You Need to Help Your Child Take Their First Move

✨ No chess experience required!



A fun, structured 7-day journey designed for parents and kids (Ages 5–12) to learn and play together.

Published by Jainam Online Classes • Building Young Minds Through Play

CHAPTER 1

Why Chess is a Great Game to Explore

Chess is one of the oldest and most captivating strategy games in the world. For young children, it is not just a game of pieces on a board—it is an interactive playground for the mind. Introducing chess early helps children build key cognitive habits in a low-stakes, highly engaging environment.

🎯 Planning Ahead

Encourages children to think before acting by considering: *"If I move here, what might happen next?"*

🧩 Problem-Solving

Presents real-time puzzles where kids evaluate choices and search for creative escape paths.

🔍 Pattern Recognition

Helps young brains spot geometry, visual alignments, and recurring tactical opportunities.

⏳ Patience & Turn-Taking

Teaches self-control, respecting another person's turn, and staying calm under pressure.

💡 Decision Making

Builds independence as every single move is a personal choice made by the young player.

🌱 Learning from Mistakes

Shows that losing a piece is not a failure, but a step toward discovering a smarter strategy.

Parent Note: Chess offers rich opportunities to practise these developmental skills, but it should always remain a relaxed exploration rather than a high-pressure academic drill.

📦 What You Need to Get Started

- A standard 8x8 chessboard with clear square contrast.
- 32 standard chess pieces (16 Light / 16 Dark).
- 15–20 minutes of relaxed, focused time per session.
- A curiosity to learn and explore alongside your child!

CHAPTER 2

Meet the Chess Pieces

Each army has 16 pieces: 1 King, 1 Queen, 2 Rooks, 2 Bishops, 2 Knights, and 8 Pawns. Let's introduce the team members and see where they stand!

King (1)
The most important piece! Must be protected at all times.

Queen (1)
The powerful leader who can slide in almost any direction.

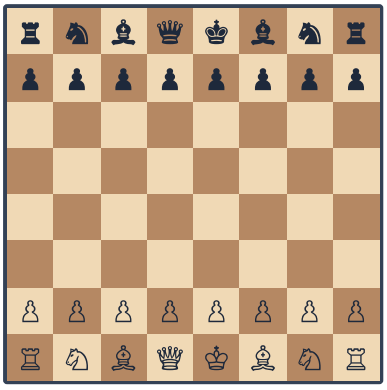
Rook (2)
Looks like a castle tower. Moves in straight lines.

Bishop (2)
Wears a pointed hat. Slides along matching colored diagonals.

Knight (2)
Looks like a horse. The only piece that can jump over others!

Pawn (8)
Brave foot-soldiers who march forward and guard the army.

💡 **King vs. Queen Key Rule:**
The **Queen** has a crown with points and stands on her matching color (White Queen on Light, Black Queen on Dark). The **King** wears a cross on top!

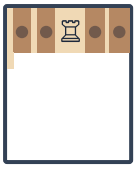


Starting Board Setup

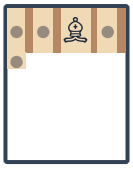
- White starts on Ranks 1 & 2.
- Black starts on Ranks 7 & 8.
- White Queen on light square (d1).
- Black Queen on dark square (d8).

CHAPTER 3

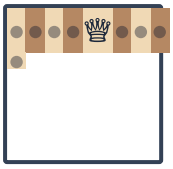
How Each Piece Moves



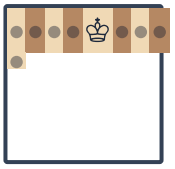
Rook
Moves any distance in straight lines (+ horizontal or vertical).



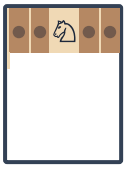
Bishop
Moves diagonally (X pattern). Stays on its original color forever.



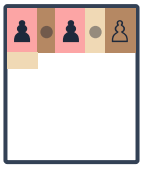
Queen
Combines Rook and Bishop! Moves straight or diagonally any distance.



King
Moves just **1 square** in any direction. Cannot step into danger!



Knight
Moves in an **"L" shape** (2 steps then 1 turn). Can jump over pieces!



Pawn
Marches **forward 1 square** (or 2 on start move). **Captures diagonally!**

⚠️ Pawn Special Rule: Movement vs. Capture

Pawns are unique! They step **straight forward** to empty squares, but they **capture 1 square diagonally forward**. If a piece sits right in front of a pawn, that pawn is blocked and cannot move forward!

CHAPTER 4

How Does a Chess Game Work?

The Core Flow of Play

1. **White always moves first**, followed by Black. Players alternate turns.
2. Move 1 piece per turn (except during special moves like Castling).
3. You cannot land on a square occupied by your own color piece.
4. Land on an opponent's piece to **capture** it and remove it from play.

Check, Checkmate & Stalemate



1. Check

The King is directly attacked! It must escape immediately on the next turn.



2. Checkmate

The King is in check and has **no legal moves** to escape. Game over!



3. Stalemate

King is NOT in check, but has no legal moves. The game ends in a Draw (Tie)!

🚀 Special Rules to Learn Later:

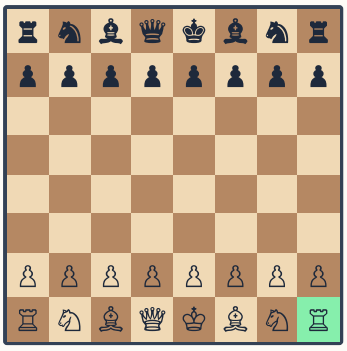
- **Pawn Promotion:** A pawn reaching the opposite end upgrades into a Queen, Rook, Bishop, or Knight!
- **Castling:** King and Rook move together in one turn to tuck the King into safety.
- **En Passant:** A special diagonal pawn capture right after an enemy pawn double-steps.

CHAPTER 5

Set Up the Board Correctly

Setting up the board independently is an empowering first step for children. Use the golden rule and checklist below!

✨ Golden Rule: "White on Right!"
Make sure the square in the bottom-right corner closest to each player is a **LIGHT** square!



Notice the light corner square!

📋 Step-by-Step Setup Checklist

- [ ] Place board: Light square on bottom-right.
- [ ] Line up 8 Pawns on the 2nd row.
- [ ] Place Rooks in the two outer corners.
- [ ] Place Knights right next to the Rooks.
- [ ] Place Bishops next to the Knights.
- [ ] **Queen on her own color** (White Queen on Light square, Black Queen on Dark square).
- [ ] Place King on the last remaining square!

CHAPTER 6

Your Child's First Chess Game

Diving straight into a full, complex game can feel overwhelming for a 6-year-old. Follow this 5-step roadmap for a successful first session.

🗺️ Suggested First-Session Plan (20 Mins)

1. **Name the Pieces (3 mins):** Ask your child to pick up each piece and state its name.
2. **Practise Movements (5 mins):** Place one Rook or Knight alone on the board and let them jump around.
3. **Play a Mini-Game (7 mins):** Play a "Pawn Race" (only pawns vs. pawns) to keep it simple.
4. **Set Up the Full Army (3 mins):** Use the checklist to arrange all 32 pieces together.
5. **Positive Reflection (2 mins):** Finish by asking: *"Which move was your favorite today?"*

💬 How to Encourage Without Giving Away Answers

Child: *"I don't know where to move my Bishop!"*

Parent (Guiding): *"Let's check the Bishop's hat! What color square is he standing on right now? Can you trace your finger diagonally along that color?"*

Child: *"Oh! It slides all the way to this light square!"*

💡 Remember:
Mini-games are learning exercises. Keep official rules consistent so children build real chess habits without needing to relearn concepts later!

CHAPTER 7

5 Fun Beginner Chess Activities

LEVEL: EASY

1. The Knight's Adventure

Setup: Place 1 White Knight on a1 and a target pawn on c4.
Goal: Jump the Knight in "L" shapes to reach and capture the target pawn in the fewest moves!

LEVEL: EASY

2. Pawn Race Mini-Game

Setup: 8 White Pawns vs. 8 Black Pawns in starting rows.
Goal: First player to march any single pawn to the opposite side wins! Teaches pawn captures & blocking.

LEVEL: MEDIUM

3. Find the Safe Square

Setup: Place a White King on e4 and an enemy Black Rook on e8.
Goal: Ask child to point to all squares the King can step to WITHOUT walking into the Rook's line of fire!

LEVEL: MEDIUM

4. Protect Your King

Setup: White King under check from a Black Queen. Place a White Bishop nearby.
Goal: Find how the Bishop can block the Queen's check to save the King!

LEVEL: DETECTIVE CHALLENGE

5. Chess Detective: Who Can Make the Move?

Setup: A highlighted target square sits on e4. On the board are a White Rook on e1, a White Bishop on b1, and a White Knight on g3.
Question: Which piece can legally jump/slide to e4 right now? *(Answer: The White Rook on e1!)*

Parent Tip: Keep activities short (5–10 minutes each). Celebrate small successes like finding a legal move!

CHAPTER 8

Common Mistakes & Quick Quiz

❌ 5 Common Beginner Misunderstandings

- **Moving Pawns diagonally without capturing:** Pawns move straight, only capturing sideways!
- **Trying to capture the King:** Kings are never captured and removed; they are Checkmated.
- **Forgetting pieces block:** Rooks and Queens cannot jump over friendly or enemy pieces.
- **Confusing Check with Checkmate:** Check is just a warning threat; Checkmate ends the game.
- **Ignoring Check:** You MUST respond to a check immediately on your next turn!

🧠 "Try It Yourself" Beginner Quiz

1. Which piece is the ONLY piece on the board that can jump over other pieces?
2. Does the White Queen start on a Light square or a Dark square?
3. If your King is placed in Check, can you ignore it and move a Pawn instead?
4. How many total Pawns does each player start with at the beginning of a game?
5. True or False: A Pawn captures an opponent's piece straight forward.

Answer Key:
1. Knight | 2. Light Square ("Queen on her own color") | 3. No (Must save King!) | 4. 8 Pawns | 5. False (Captures diagonally)

CHAPTER 9

The First 7 Days of Chess

Here is a simple 1-week structured roadmap to guide your child's first steps effortlessly!

Day	Focus Topic	Daily Activity
Day 1	Meet the Pieces	Name all 6 piece types and place them on board.
Day 2	Rook, Bishop & Queen	Practise sliding across empty boards in straight & diagonal lines.
Day 3	King & Pawns	Play a "Pawn Race" mini-game.
Day 4	The Tricky Knight	Complete "The Knight's Adventure" maze activity.
Day 5	Independent Setup	Set up the full board using the setup checklist.
Day 6	Check & Safety	Practise escaping check with "Find the Safe Square".
Day 7	First Real Game!	Play a fun, relaxed game with parent or sibling!

🏆 **Child's Progress Reflection**

My Favorite Chess Piece is: _____

What I would like to learn next: _____

Ready to Take the Next Step with Jainam Online Classes?

Our interactive online chess lessons for kids turn beginners into confident young strategists! Explore guided live sessions led by expert coaches.