



AN INITIATIVE FOR TEACHING  
LIFE SKILLS THROUGH SPORTS.

# HOW DO SPORTS HELP IN DEVELOPING LIFE SKILLS?

- **Teamwork and Collaboration:**  
Learning to work together towards a common goal
- **Communication and Problem-Solving:** Developing essential skills for effective communication and creative problem-solving
- **Resilience and Adaptability:** Building ability to cope with challenges and adapt to new situations
- **Self-Discipline and Confidence:**  
Fostering self-discipline, confidence, and a positive self-image
- **Respect and Sportsmanship:**  
Teaching respect for others, rules, and fair play



# ABOUT THE PROGRAM

- Hands-on learning: Activity-based program using sports to develop life skills
- Targeted age group: Children in grades 4-6 (9-11 years)
- Four key life skills: Self-esteem, Respect, Communication, and Emotion management
- Two-fold objective: Develop life skills and motivate children towards sports
- Structured approach: Conducted in four phases, each focusing on one life skill



# PROGRAM DETAILS

**AGE GROUP:** Kids of 9 to 12 years of age

## **MODULES:**

Self-Esteem

Respect

Emotion Management

Communication

**DURATION:** 50 - 60 Minutes (per module)

**CONTENT:** Introduction to the topic, fun activities & games, reflections and insights.

**TAKE AWAYS :** Materials for in-session activities will be provided along with takeaway worksheet and hampers from Mindsports.



\*The program is chargeable depending on the number of participants.