



48 REASONS WHY KIDS SHOULD PLAY SQUASH

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BUILDS FRIENDSHIPS



BUILDS CHARACTER



IMPROVES SELF ESTEEM



IMPROVES MEMORY



DEVELOPS RESILIENCE



TEACHES RESPECT



IMPROVES MOOD



DEVELOPS CREATIVITY



REDUCES ANXIETY



REDUCES STRESS



REDUCES DEPRESSION



TEACHES LIFE LESSONS



PROMOTES FAIR PLAY



IMPROVES BODY IMAGE



BOOSTS BRAIN POWER



DEVELOPS FOCUS



IMPROVES ACADEMIC PERFORMANCE



PROMOTES SOCIAL INTERACTION



IMPROVES COORDINATION

IMPROVES BRAIN FUNCTIONING



IMPROVES SLEEP



IMPROVES DECISION MAKING



DEVELOPS AUTONOMY



DEVELOPS STRONGER BONES



DEVELOPS STRONGER JOINTS

HELPS TO CONTROL WEIGHT



INCREASES ENERGY LEVELS



INCREASED ATTENTION



IMPROVES QUALITY OF LIFE



TEACHES CHILDREN ABOUT VALUES



IMPROVES COGNITIVE FUNCTIONING

INCREASE CONFIDENCE



BUILDS STRENGTH



IMPROVES BLOOD FLOW



IMPROVES FITNESS



TEACHES TEAMWORK



IMPROVES LEARNING



REDUCES OBESITY



IMPROVES BREATHING



HELPS CHILDREN LEARN FROM FAILURE



IMPROVES REFLEXES

HELPS CHILDREN ACHIEVE GOALS



HELPS DEVELOP COPING SKILLS

IMPROVES IMMUNE SYSTEM



TEACHES CHILDREN ABOUT WINNING



TEACHES CHILDREN ABOUT LOSING

HELPS CHILDREN EXPERIENCE SUCCESS



CHILDREN HAVE FUN

