

# Skills To Aid Your Child's Holistic Growth



## Sports



Enroll your child in any sport they have shown interest in, such as basketball, swimming, or martial arts. Sports activities can help develop their self-management, teamwork, and cognitive ability.



## Pottery



If they are good with their hands and often build new things, a pottery class would help put their skill to good use. It can aid their sensory and motor development.



## Book club

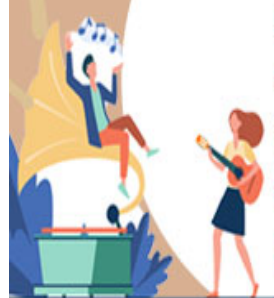


If your child loves reading books, joining a book club can be the most fun for them. It will improve their social skills, vocabulary, and reading and oratory skills.



## Instrument playing

Let them learn an instrument of their choice to keep them happy and calm. An instrument can help the healthy release of their emotions and brain development.



## Painting

Your child can de-stress and give shape to their imagination through painting. Who knows, years of practice may even make them the next Picasso!

