Name _____

Game On: Why Kids Should Dive into the World of Sports

Short Answer

1. How can participating in sports contribute to an active and healthy lifestyle?

2. What skills do you acquire by working together as a team in sports, and how can they be useful in life beyond sports?

3. How does playing sports teach discipline and responsibility, and why are these qualities important?

4. Explain the connection between achieving goals in sports and boosting confidence and self-esteem.

5. Why is stress relief mentioned as one of the benefits of playing sports, and how does it work?

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