

PLAYING SOON!

Summer Day Camp Presents

WITH 4 CORE KINETICS



MY BODY



MY TEAM



MY EMOTIONS



MY BRAIN



WHAT IS KIDOKINETICS?

ITS REALLY FUN! BUT SHHHHHH... ITS ALSO REAL EXERCISE.

Kidokinetics is a series of sports classes where kids get to have fun, get exercise, and get introduced to new sports and activities every day from a certified coach. Every kid gets equipment, every kid plays, every time.

Who:
All Summer Day Camp Kids

WHEN:
Every Monday afternoon during Summer Camp

WHAT:
AN INTRODUCTION TO A DIFFERENT SPORT EACH WEEK

4 BENEFICIAL KINETICS OF ACTIVE PLAY



BODY KINETICS

FACT: Play helps kids develop their physical skills like balance, coordination, and strength, which are important for healthy growth and development.



BRAIN KINETICS

FACT: Play is essential for developing cognitive skills like concentration, critical thinking, problem-solving, memory and imagination.



EMOTION KINETICS

FACT: Play helps kids develop skills like managing stress, coping with difficult situations, better self-regulation and improved empathy skills.



TEAM KINETICS

FACT: Play in a social setting helps kids develop crucial social skills, which are essential for building strong relationships.



Visit: kidokinetics.com

