



# Dear Students!

Get ready for an exciting adventure with The School of Play! Over the next 20 weeks, you'll be taking part in a fun and creative program that's all about YOU—your well-being, your growth, and having a great time while learning new things.



## What's It All About?

The School of Play is a global program designed to make learning fun, active, and positive. You'll get to explore your strengths, work with your friends, and challenge yourself through games and activities that help you become stronger, smarter, and happier. Whether you're working on your fitness, practising teamwork, or reflecting on what makes you awesome, this program is going to be a blast!

## How Will It Work?

Every week, you'll get to try a new activity designed just for you and your class. You'll move, think, share, and reflect on everything, from setting goals to building great friendships. You'll watch video tutorials, participate in games, and learn how play can help you feel your best in school and life.

## What Will You Gain?

Here's what you can look forward to:

**Feel great** as you boost your fitness and stay active.

**Think positively** as you learn how to focus on what makes you happy.

**Build confidence** by recognizing your strengths and setting new goals.

**Grow closer to your friends** by working together and building strong connections.

**Have fun!** Every week will bring new challenges and opportunities to laugh, learn, and celebrate your achievements.



## What's in it for YOU?

This program isn't just about games—it's about helping you become the best version of yourself. Through The School of Play, you'll:

**Improve your focus and mindset** to help you succeed in school.

**Feel more confident and proud** of the fantastic things you can do.

**Learn how to manage stress** and feel calm and ready to take on new challenges.

**Discover how to build great friendships** and work well with others.

## What Will You Gain?

You can make the most of this program by:

**Give every activity your best effort.**

**Being open to trying new things** and working with your classmates

**Reflecting on what you learn** about yourself, your emotions, and your goals.

This is your chance to participate in something special—so dive in and have fun!

## Your Journey Begins Here!

The School of Play is all about YOU—your well-being, your growth, and your happiness. We can't wait to see you explore, grow, and discover just how incredible you are. Let's make the next 20 weeks the best part of your school year!

Are you ready to play, learn, and grow? Let's get started!

**Sincerely,**  
**The School of Play Team**