

# MERITORIOUS KIDS INTERNATIONAL SCHOOL



## 10 REASON TO IMPLEMENT MERITORIOUS

- Leading From Ignorance To Knowledge.
- This Is A Great Place To Grow And Learn In Your Subject Area To Become Successful.
- People Are Friendly And Creative
- Development Of Knowledge With Good Personality
- Non- Toxic Teaching With Learning Materials.
- E- Learning Modules For Interactive Demonstration
- Technology Based Learning And Interactive Video Conference Session For Speaking Skill.
- All Indoor And Outdoor Games.
- All Creative Activities
- Each Class Room Under Cctv Surveillance



### Benefits Of Karate :-

- Physical Safety And Health
- Mental Strength, Along With Physical Agility
- Self-discipline.
- Determination To Work Towards Goals
- Respect For Others And Sel

### Benefits of Skating :-

1. Skating for kids is a great way to get them active
2. Skating for kids can help build self-confidence
3. Skating for kids is a great way to get exercise
4. Skating for kids helps build self-esteem
5. Skating for kids helps them stay healthy



### Benefits of Sports :-

Healthy Growth Strengthens Lungs Reduces Blood Sugar Level Regulates Blood Pressure Improves Energy Levels Improves Co-ordination And Balance Improved Sleep Reduces Chronic Muscular Tensioncreates Happiness



### Benefits of Yoga :-

- Yoga helps children manage their anxiety.
- Yoga improves children's emotional regulation.
- Yoga boosts children's self-esteem.
- Yoga increases children's body awareness and mindfulness.
- Yoga enhances children's concentration and memory.



### Benefits of Dance :-

1. Improves Physical Health
2. Enhances Emotional Development
3. Encourages Socialization
4. Encourages Creativity
5. Enhances Cognitive Development
6. Better coordination
7. Better agility
8. Better flexibility



### Benefits of Art & Craft :-

These will make them understand that art is a fascinating and creative process that brings their imagination and creative thoughts to life.  
 "Every child is an artist. Painting is self-discovery  
 "Painting from nature is not copying the object, it's realising one's sensations."

