

THE BENEFIT OF PARTICIPATION IN TABLE TENNIS FOR CHILDREN and YOUTH

- Builds Character
- Develops Social Skills
- Builds Friendships
- Reduces Stress and Anxiety
- Improves BRAIN Function
- Increases Confidence
- Improves Memory
- Improves Fitness Level
- Increases Cognitive Functioning
- Improves Leadership Skills
- Improves Concentration
- Develops Resilience
- Boost Brain Power
- Improves Sleep
- Teaches Respect
- Teaches Teamwork
- Teaches Fair Play
- Improves Mood
- Improves Cardiovascular Fitness
- Reduces Depression
- Develops Creativity
- Promotes Intrinsic Regulation
(when organs are able to maintain homeostasis on their own)
- Improves Decision making
- Teaches Values and Attitudes
- Teaches transferrable Skills to other Sports or to use in all areas of life