



Kids' Activities. Discover. Shop. Share.

# The Benefits of Extra-Curricular Activities for Your Child



**Dr. Cora Hui**  
Christian Alliance  
P.C. Lau Memorial  
International School



**Selena Hartley**  
Guidepost  
Montessori



**Benny Chan**  
Hong Kong Sports  
Management Ltd.



**Kishore Kumar**  
Prajna Yoga  
Limited



**Candy Wong**  
Pure Green Dance  
Premium



**Thomas Fairclough**  
Woodland  
Pre-Schools

# INTRODUCTION

“

*Play is essential to development because it contributes to the cognitive, physical, social, and emotional well-being of children and youth.*

*Play is so important to optimal child development that it's been recognized by the United Nations as a basic right of every child. So, how do we choose the right extra-curricular activities that are best for our children?*

*Read on to find out the answers from six professionals!*

”



**JENNIFER CHIN**  
FOUNDER & CEO

**WHIZPA**



Whizpa.com is one of Hong Kong's leading online education platforms, helping to connect families with educators and activity providers. We enable parents to search for, review, and sign up for kids' activities and classes all on one convenient platform.

With over 6,000 providers listed on Whizpa.com, it is now easier than ever for parents to find the right programs for their children!

# CONTENTS

|                                                                                                  |           |
|--------------------------------------------------------------------------------------------------|-----------|
| <b>Christian Alliance P.C. Lau Memorial International School</b><br>Dr. Cora Hui, Head of School | <b>03</b> |
| <b>Guidepost Montessori</b><br>Selena Hartley, Head of School at Chai Wan                        | <b>06</b> |
| <b>Hong Kong Sports Management Ltd.</b><br>Benny Chan, Co-founder                                | <b>09</b> |
| <b>Prajna Yoga Limited</b><br>Kishore Kumar, Director and Yoga Master                            | <b>11</b> |
| <b>Pure Green Dance Premium</b><br>Candy Wong, Founder & Latin Dance Teacher                     | <b>13</b> |
| <b>Woodland Pre-Schools</b><br>Thomas Fairclough, Director of Extra-Curricular Programmes        | <b>16</b> |





## DR. CORA HUI

*Head of School*

Christian Alliance P.C. Lau  
Memorial International School

### Exploring and Developing Children's Interests

From dancing to skating, piano lessons to singing, basketball team to soccer league, visual arts to performing arts, chess club to robotics coding, the choices for extracurricular activities are limitless, and the ability to choose what you are interested in is powerful. Extracurricular activities help children to explore and develop their interests. Every child is unique and possesses innate talents. Participating in extracurricular activities can draw out children's potential and further polish their skills. Furthermore, when children meet others who have similar interests, their interactions spark creativity and excitement. In some cases, people find their long-term passion and career aspiration through participating in extracurricular activities.

### Promoting Wellness

Extracurricular activities provide an environment without the pressures of a formal classroom setting. Moreover, these activities can be a good way for children to channel their stress in a positive way. Children can relax, enjoy, and play freely. They often experience fun and achievement during extracurricular activities, and they gradually become more confident and competent. Furthermore, sport-related activities

promote physical fitness and build stamina, which can help children to focus better on their school work. Many extracurricular activities require children to work together, and many people develop long-term friendships through their precious time together. There is a strong correlation between extracurricular activities and wellness.

### Experiencing Flow

Empirical studies from Csikszentmihalyi and many other researchers show that people often have an optimal experience when engaging in sports, music, and other extracurricular activities. Optimal experience—also known as Flow—is about focused attention and control of consciousness. During extracurricular activities, people experience flow because they work on tasks that they have a chance of completing. They can concentrate on what they do, and they can exercise a sense of control over their actions. Most importantly, the task undertaken has clear goals, and immediate feedback is available. Therefore, when our skills match the challenges provided by an extracurricular activity, we experience pleasure and enjoyment and feel happy, strong, creative, and satisfied.



## Nurturing Grit

Many extracurricular activities require ongoing practice (e.g. chess, basketball, piano, ballet, skating, etc.), and practice makes progress. More importantly, children develop grit as a result. Grit is an essential element for success. Duckworth defines grit as perseverance and passion for long-term goals. A gritty person is more likely to overcome setbacks and even arrive at a breakthrough. Indeed, talent is what one can do, and grit is what one will do in pushing toward the achievement goals. When children experience flow during extracurricular activities, they develop grit in the process, and grit is predictive of their future success because it is a pivotal factor for one to overcome adversity in life and learning.

## Harnessing Leadership Skills

Extracurricular activities such as band, orchestra, and sports teams are good learning fields for children to sharpen their cooperation, sportsmanship, and teamwork. Whether it be a chess tournament or sports competition, children practice strategic thinking and handle the win-lose situation gracefully. They wrestle between setbacks and comebacks. Through extracurricular activities, children experience synergy where the sum is greater than the addition of the individual parts. When they rub shoulders with their teammates, they learn to voice out their ideas, listen to others, negotiate and compromise. You can find the 4Cs —communication, collaboration, critical thinking, and creativity—of 21st-century leadership skills in the context of extracurricular activities.

## Cultivating the Power of Giving

Lastly, I want to highlight a particular extracurricular activity that cultivates a heart of generosity, care, and giving in children. It is volunteering in community service or serving in overseas mission organizations for the underprivileged. Mother Teresa once said, “One thing that I ask of you: never be afraid of giving. There is a deep joy in giving since what we receive is much more than what we give.” The act of giving one’s time and energy to help others can build one’s moral identity and shape values such as helpfulness, compassion, and social justice. A giver can see farther and wants to make the world a little better every day. Our society needs givers, and volunteering or serving is a worthwhile extracurricular activity.



Christian Alliance P.C. Lau Memorial  
International School  
宣道會劉平齋紀念國際學校

Founded in 1992, Christian Alliance P.C. Lau Memorial International School (CAPCL) marks its 30th anniversary this year. As a bilingual primary international school adopting the Canadian Alberta Curriculum, CAPCL places emphasis on learners becoming servant leaders. CAPCL believes that holistic education encompasses character development based on Biblical principles, language fluency and intercultural competency as global citizens, and service to home, school, and local communities.

[www.capcl.edu.hk](http://www.capcl.edu.hk)  
[info@capcl.edu.hk](mailto:info@capcl.edu.hk)

Contact number: +852 2713-3733



Enrollment for  
Preparatory to Grade 5  
**2022-2023**  
academic year



**Rejuvenated school campus**  
new school campus, same Christian ethos



**Canadian curriculum**  
Alberta English-Chinese bilingual program  
(65% English and 35% Chinese-Mandarin & traditional script)



**Christian ethos**  
cultivate students' character development and servant leadership



**Small learning community**  
develop an engaging learning journey



Scan here for more information

**Learn and Grow in God's Love**  
**Serve and Flourish in God's Grace**  
學習成長在神愛 服事綻放沐恩光



+852 2713 3733



info@capcl.edu.hk



2 Fu Ning Street, Kowloon, Hong Kong



www.capcl.edu.hk



www.fb.com/CAPCL.HK



Christian Alliance P.C. Lau Memorial  
International School  
宣道會劉平齋紀念國際學校



## SELENA HARTLEY

Head of School at Guidepost Chai Wan Campus

### Guidepost Montessori

abstract concepts that promote the retention of knowledge, not just acquisition. Through their own exploration and manipulation of physical materials, children naturally develop the ability to focus for longer periods of time. When physical materials are available in extra-curricular programs, children can truly understand and never forget.

### A Deep Respect For Each Child As a Unique Individual

Every child is a unique individual and will learn different things at different rates. When a child excels in a particular area, they can be challenged to explore even further. If a child is struggling with a certain topic, it is important that they are given extra support to help them achieve the milestone we would expect of their age group to conquer.

Look for extra-curricular programs that have a carefully sequenced curriculum that offers flexibility to adapt to a child's pace and interest, providing each child the opportunity to learn on their own. This child-centred approach to learning, like that of Montessori, ensures each student's work is fueled by their own motivation to learn. It is through positive learning experiences and the mastery of each skill that a child's confidence grows.

### Your Child As a Respectful And Contributing Member Of a Community

It's important that your child is prepared for life beyond the classroom. Learning to work with others is an important life skill. In a Montessori setting, heavy emphasis is placed on children inspiring and helping one another for greater social and emotional development. Multi-age group settings are a core feature of Montessori programs. Compared to traditional classrooms, having an arrangement that includes a range of ages is more representative of society.

Extra-curricular programs that enrol children of different ages provide a valuable learning experience especially when you

Experts have outlined the benefits of extra-curricular activities in this issue. In this article, I would like to share an alternative perspective: the Montessori approach.

The Montessori Method is an approach to learning which was developed by Dr. Maria Montessori. Montessori programs encourage children to develop self-motivation and independence by focusing on the growth of the whole child, rather than individual aspects only. Essentially, no stone is left unturned. Children are encouraged to explore all their strengths – academic, social, emotional, and physical.

If you are curious about Montessori, joining Montessori-inspired extra-curricular classes is a great way to get a taster of this learning method. With a keen eye for developing the whole child, I share the following tips to parents when choosing an extra-curricular program for their child.

### Learning Through Doing

This is a widely used term, but the concept of hands-on learning is of particular emphasis in Montessori. Dr. Maria Montessori paid particular attention to the development of the hand because it is directly correlated to development of the brain. A child will not learn by remote memorization in a Montessori program. Instead, Montessori classrooms are acutely focused on hands-on, experienced-based learning where children learn by doing. She found a child's ability to learn through movement was key to deeper learning.

Physical materials engage a child's hand, creating lasting, concrete impressions of

Guidepost Montessori Chai Wan is a great school, the school is clean and tidy, the guides (teachers) are knowledgeable in Montessori education methodology.

My baby goes there for their playgroup since he was 8 months old and I have been seeing great progression on his cognitive development - thanks to Guidepost!

consider each child is unique and capable of different things. When lessons are given in small breakout groups with different aged children, this naturally promotes collaboration and peer-to-peer learning. The children in the group may not be the same age or grade but they can equally contribute and share in the learning process. This makes for a harmonious atmosphere where children develop their own little society and learn mutual respect for others.

You can readily identify a learning space as collaborative when there is a variety of tables with multiple chairs or small group seating are available throughout the room.

## Support The Unfolding Of Your Child's Independence

Nurturing independence is an aim that every parent and educator values. So much of the child is formed by the age of six, and so Montessori challenges us to question our interventions because our interventions become their inner voice.

Independence is actively encouraged in a Montessori program from birth, but the ways in which we can encourage it aren't necessarily intuitive — and sometimes feel at odds with our safety instincts as parents or educators. Often when we perceive an activity to be too difficult, we do it for the child. Our protective instincts as adults ring strong, but often this leads us to overreaching. If we overreach perpetually, we become the driver of their learning – creating dependencies that boomerang back to us as they get older.

When children have the freedom to explore different learning materials and do the activity by themselves, they are learning how to be independent. Children enjoy choosing what they want to work on and where to work on it and over time, they learn to actively take charge of their own learning. Look for extra-curricular programs that offer children the opportunity to independently explore and follow one's own interests.

## Confidence In Themselves Through Freedom Of Choice

Children from birth to age six are experiencing their own personal journey of self-discovery. Young children are fixated on learning about the world around them and their place in the world. They are learning to adapt to their surroundings while building their own sense of self as a capable and valued human being.

Montessori describes the child's message to the adult: "Help me to do it by myself," Support your child's journey of self-discovery by following their lead and help them discover who they are, free from excessive pressure and interference from the adults around them. If your child shows interest in a particular extra-curricular activity, why not give it a go?

Demonstrating your trust in their own desire to try for themselves something that they are interested in solidifies a foundation of curiosity, motivation, and confidence that will last a lifetime.



Guidepost Montessori schools feature lovingly prepared classrooms in a dual-language environment, authentic Montessori learning materials and dedicated Montessori trained guides, serving children aged 6 months to 6 years. After-school programs are available to children between 2 years and 6 years old. The Montessori approach offers children exceptional opportunities for social, personal and academic learning. Each program is specially tuned to the developmental needs of each individual child of that age.

[inbound.guidepostmontessori.com/hong-kong-info](https://inbound.guidepostmontessori.com/hong-kong-info)  
[chaiwan@guidepostmontessori.com](mailto:chaiwan@guidepostmontessori.com)

Contact number: +852 2866-8260

enrolling now.



## building independence, curiosity and a life-long learning

Guidepost Montessori is prepared to educate your child in the way that serves your family. We've always known that each child's learning needs are unique, and our suite of educational programs has been designed with safety, convenience, and exceptional learning in mind.

programs.



montessori together  
playgroup  
6 - 24 months



toddler community  
pre-nursery  
2 - 3 years old



children house  
kindergarden  
3 - 6 years old



after-school  
program  
2 - 6 years old



guidepost  
campus.

kennedy town. 3619 1136  
1-2 Floor, 554-560 Queen's Road West, Sai Wan

chai wan. 2866 8260  
9 Siu Sai Wan Road, Harmony Garden, Chai Wan

pok fu lam. 2177 0001  
L101 Chi Fu Landmark Chi Fu Fa Yuen, Pok Fu Lam



for more information  
[inbound.guidepostmontessori.com/hong-kong-info](https://inbound.guidepostmontessori.com/hong-kong-info)



## BENNY CHAN

*Co-founder*

**Hong Kong Sports Management Ltd.**

### Physical coordination

Playing table tennis helps train the eyes, hands and brain as it requires quick reactions and decisive action, developing overall body coordination, as well as a grasp of rhythm and strategy. Playing ping-pong utilises the brain and helps simultaneously enhance a child's confidence, persistence, decision-making and thinking agility.

### Enhance physical fitness

Playing table tennis can greatly improve children's physical fitness by enhancing their cardiopulmonary function and developing balanced physiques. Cardiac muscle strength becomes stronger, colds and pneumonia occur less and they gain weight. Playing table tennis especially boosts children's hand muscles; not only do they become stronger, but they also learn how to control their strength. Serving and returning ping pong balls requires different amounts of strength. Playing thus helps children understand how to adjust and control the power of their hands accordingly.

### Consistent practice without considering the weather

Science tells us that only consistent exercise can maximise health benefits; the

most important thing in exercise is persistence. Some sports are often affected by the weather and cannot be sustained-for example, outdoor badminton cannot be played in strong winds; volleyball cannot be played on a wet floor. Table tennis is an all-weather and indoor sport; no matter whether it is windy or rainy, hot or cold, it would not be affected.

### Myopia prevention and treatment

Our eyeballs move continuously when playing table tennis, hence blood circulation and ocular nerves are stimulated and improved; this helps with reducing eye fatigue and preventing myopia.

Many parents let their children start playing table tennis in elementary school in order to get more exercise, but they may not know that playing table tennis can heal myopia.

When we look at things at a close distance for a long time, our eyes are always in a state of height adjustment, and the two eyeballs converge in the direction of the root of the nose, causing the extraocular muscles to compress the eyeballs, leading to myopia. When playing table tennis, the eyes take the ball as the goal, and constantly adjust the up and down movement, which improves the tension of the ciliary muscle as it relaxes and contracts. The extraocular



Hong Kong Sports Management has a professional coaching team to create a highly concentrated training atmosphere. Children can not only learn high-level table tennis skills, but also learn the "no pain no gain" concept which is exactly what children lack today. I firmly believe that under the careful guidance of Hong Kong Sports Management, children will benefit a lot.



muscles can also continue to exercise, promote the blood circulation of the eye tissues and improve the vision of the eye, so as to play a role in the prevention of myopia. Sports experts and doctors suggest that children with myopia should play table tennis for 1-2 hours a day-after two to three months, there will be obvious results.

### Improve children's ability to respond and predict

It requires speed and accuracy to play table tennis. When children are practicing table tennis, it improves their reflexes as well as their flexibility and coordination. It also helps with their ability to anticipate their opponents' moves, which enhances their brain function and helps boost their reaction times..

### Make friends and relieve stress

Some strangers can become friends or even confidants through playing table tennis. In the process of playing table tennis, you can communicate and learn with different players and improve your skills together. Playing ping-pong exercises the brain and relaxes the mind; it is also a great way to reduce stress and enhances team spirit and the ability to focus.

### Admission to preferred schools

With changing times, sports can now provide a good career path and is an option for further education. Today, a lot of children with outstanding athletic performance and top rankings are welcomed to enter the secondary schools or universities of their

choice. Hong Kong schools now focus not only on students' academic performance, but also on their performance in extracurricular activities. Therefore, playing table tennis allows children to develop their own strengths, while providing more options for further study.



Hong Kong Sports Management Co., Ltd. was established in 2006 and is a diversified sports management company. The company is composed of a group of ex-Hong Kong team members of various types of sports. It is a group of people who are interested in promoting elite sports in Hong Kong. The purpose of setting up the Company is to allow more people to participate in sports and improve the level of sports in Hong Kong; ultimately to bring Hong Kong people a healthy and happy life.

The Company's mission is to train a new generation of Hong Kong sports successors, popularise special sports and improve the overall sports level in Hong Kong. In addition, the company is enthusiastic about local social services and constantly goes to different schools, welfare institutions or community centers to carry out special sports demonstrations or sport days, and to establish an image of caring for the society.

[www.hksports.co](http://www.hksports.co)

[hksportshk@yahoo.com.hk](mailto:hksportshk@yahoo.com.hk)

**Contact number: +852 2380-8118**



## KISHORE KUMAR

*Director and Yoga Master*

**Prajna Yoga Limited**

### One of the best activities for kids

Yoga is one of the best activities for kids. When parents sign their kids up for yoga classes, they find that it helps their kids calm down. Kids' yoga is not the same as adult yoga. Kids can start to practice yoga from the age of 5 years old. Generally, a kid's body and mind create a lot of energy but they don't know how to channelize it. In order to learn how to channelize it, they must do more Yang practice and Yin practice with simple Meditation or Mindfulness practice. Physically, yoga enhances flexibility, strength, balance, coordination of body and mind or body awareness. Yoga is also helpful for kids with special needs.

### What is yoga and how does it benefit kids?

Yoga is the balance between body, mind, and soul. With busy lives going to school, doing homework, getting extra tuition or participating in extra activities, kids can become tired, stressed, and even frustrated with their courses, teachers and parents. By practicing Asana (postures) they can improve their physical body growth, and by practicing mindfulness or different types of meditation they can improve their mental abilities. We can see a transformation in their behavior and studies, with improvements in memory and focus as well as stamina in sports activities.

### Yoga helps kids manage anxiety and regulate emotions

The breathing exercises and relaxation techniques learned from practicing yoga can help kids with stress management. Teaching kids how to reduce stress in a healthy way is an important life skill that will help them as kids and also teach them to be in the present moment while relaxing and gaining a peaceful state of mind; this ultimately improves their emotional regulation.

### Goal of yoga is to generate self-awareness

Kids can become more self-aware in a non-competitive environment in which they can learn new yoga poses and breathing techniques. When something is fun for kids, they always want to do more. Kids love the feeling they get when they master something they thought they could not do - for example, the Crow Pose. While it's a lot of fun for kids to practice, it can be difficult. But when they learn how to practice the pose and continue to practice it, they are very excited and want to show everyone the new thing they learned at yoga class!

This determination and perseverance leads to the feeling of excitement. When this happens, kids will do anything to keep that feeling. In their day-to-day lives,

All masters and teachers have demonstrated dedication and passion not only to the practice of yoga but also to help people experience and maximize its benefits. I love their attention to an individual's capability and limits and they make sure that you get the basics right -- from proper breathing, relaxation and mind conditioning, to posture. They have all the tools to support you, and this is important for those new to yoga. They ensure that you focus on your self and not comparing yourself with others.

kids will learn that sticking with something, even when it is difficult, pays off and they will want to bring that feeling of excitement to other areas of their lives.

Yoga can teach kids to recognize their emotions. While it doesn't erase feelings, yoga can give them a way to process frustration, anger, or sorrow in a healthy way. This in turn helps kids learn to act thoughtfully rather than react impulsively.

### Yoga improves sleep for kids

We tend to think that kids "have it easy," and that they don't feel stressed, but this simply isn't true. Kids aren't stressed about finances or getting to work on time, but they are stressed out by their schoolwork and peer relationships.

Practicing yoga helps kids to relieve stress by helping them use their breathing to calm the mind and the nervous system. The physical practice of yoga also helps to relieve tension and release negative emotions held physically in the body, helping them to fall asleep faster and stay asleep longer.

### Teaching kids yoga

As with any physical exercise, practicing yoga helps kids to release their negative thoughts and feelings, bring about mental clarity, and feel better about themselves. When we do something physical, such as yoga, we release endorphins, creating feelings of calm and happiness. Yoga is also a fun activity in which kids can be silly, play games, and be with their friends in a non-competitive environment, while also learning so

much about themselves. Teaching young yoga students is fun and enjoyable - sharing with them the nature of yoga, different postures with animal sounds, different breathing practices, storytelling during meditation time, teaching them good behaviors (Yama and Niyama), and the end of class relaxation and chanting make kids feel happy to spend time in Prajna Yoga (Lai Chi Kok and Wanchai).



Prajna Yoga is located at the heart of Lai Chi Kok and Wanchai. We provide you with a clean, convenient, and comfortable environment to practice yoga and explore more. We are proud to offer different types of yoga classes for practitioners of all levels from beginner to the advanced by qualified yoga teachers. We are a team of inspirational and dedicated teachers; our expertise, experience, and passion shine through in the classroom.

Prajna Yoga Hong Kong Awarded as the Best Yoga Studio by World Real Yoga Alliance in 2018.

Prajna Yoga Ranked in Top 10 Best Yoga Center in Hong Kong by Compare Retreats Magazine in 2017.

Our center has the facilities of showers, lockers, rental lockers, and yoga boutique. We have yoga mats(Manduka), yoga bolsters, yoga belts, yoga blocks, yoga wheels, yoga towels, sutra neti and neti pots.

[www.prajna-yoga.com](http://www.prajna-yoga.com)  
[info@prajna-yoga.com](mailto:info@prajna-yoga.com)

**Contact number: (852) 2371-2515 /  
(852) 6699-6601**



## CANDY WONG

*Founder & Latin Dance Teacher*

**Pure Green Dance Premium**

### Focus on Mind

Learning Latin dance is quite technical, so it takes a lot of time and practice to become professional. Championships take place every year in the UK.

While the learning process is quite technical, it also provides good training for learning to be independent-minded and also focusing on interacting with a partner. There is as much focus on mental and emotional development as on the technical aspects. Dancers can be successful when they master elementary techniques. The short-term effects that dancing has on the mind are related to mood and satisfaction, while the long-term effects are related to discipline and memory.

### Smart Learning Habit

A successful dancer learns things quickly and methodically because learning new dance moves require the mind to use both left and right brain together! Dancers need to focus on both the mechanics of dance techniques as well as emotional expression. The mind has to direct hand and body weight movements according to the dance routine designed.

Dancers learn to repeat things not just with their bodies, but also with their sense of mind to this process of repeating what you just saw or heard until you've committed it to memory is a skill, and it serves dance students in all aspects of life to become good learners for everything!

### Discipline

In addition to developing enhanced memory skills, dance students also tend to be self-disciplined and self-motivated. They grow accustomed to working in a structured manner toward a goal and realize that results never come overnight. For this reason, dancers are often highly disciplined and carry this discipline over into other aspects of their lives.

When dance students commit to competition, they commit to meeting a range of expectations and improve their discipline in the process. They will keep moving, thinking, exploring, sharing and enjoying the dances while communicating with the world!

Latin dance is a category of international ballroom dancing that combines elements of art and sport with particular music. Performed by couples, Latin dance is features five collections of music that are original and connected to different cultures in Europe and Latin America

In the century since 1920, Latin dance has given people much joy! It allows people to express their emotions of happiness from the heart to body; it is a form of nonverbal communication between human beings. The successful dancer has to learn how to coordinate their mind and body movements all the way from practices to performing. A successful Latin dancer must have character internally in order to show elegance, confidence, trustworthiness and commitment externally! The following are benefits and areas of growth enjoyed by kids who learn Latin dance:

Learning Latin dance is one of the most nonverbal languages for achieving goals closely!

- Ability to nonverbally express human emotions (including joy, anger, sadness, happiness, love, hate and fear) through dance programs.
- Strengthening of core muscles and development of elegant physiques through the practice of Latin dance which is good for muscle extension.
- Learning poise and artistic movement by practicing weight transfer through the body.
- Showing elegance and confidence through general body movements.
- Ability to present their personalities positively and joyfully through body language.

## Self-Confidence Generated by Positive Emotions

As with any form of exercise, Latin dance stimulates the release of important chemicals, particularly dopamine. Those chemicals released through dance are responsible for producing positive energy, which is happiness, pleasure, and even love.

Positivity helps Latin dance students feel more self-assured. When you dance, you start to lose all inhibitions and gain self-confidence in your body and its movements. It effectively frees you from thinking too much about yourself, and you become immersed in the rhythms and the music as well as the interaction with your partner.

## Sensitivity & Creativity

Latin dance is the gateway into understanding more about feeling and about your own self. It strengthens all your senses; You naturally feel more grounded and acquire a higher sense of both physical and emotional sensitivity which stays with a sense of body while off of the dance floor.

Like painting, writing, and playing music, dancing is an art – a performing art. It connects us to our capacity to think creatively and our ability to explore self-expression.

## Smart Appearance

Latin dance is an activity that promotes energy flow. A successful dancer is able to bring the energy from top to bottom and also feet to head circularly! Stretching is a very important technique to extend muscles to achieve the line of the body naturally. Stretch training is always necessary.

Developing and maintaining good posture, proper poise, and a good frame takes time and constant adjustment to grow as a Latin dancer. Once the correct posture is achieved, the body allows us to control the balance and freedom of movement in our bodies. The head and eyes are also a part of the picture and need to be coordinated with the body to look smart and sharp!

Certainly not the least important element in partnered dancing is the frame. Basically, it is how we connect our arms to our bodies. By stretching elbows against each other and using the chest and shoulder blades, we create both flexible and structured dance frames. Champion dancers use their posture to generate more power and control - they hold the frame on their upper body and lift their chin up to show their pride, projecting internal confidence and victory!

## Enjoy Dealing With Pressure

Every competition is a good opportunity to experience proactively focusing both mind and body on one goal. The moment you commit your mind to the challenge, you show confidence and emotion along with your ability to fulfill the dance criteria for the competition. That is the learning path for dancers - to enjoy the challenge with energy and be happy to join every competition!

In order to practice hard and ready the body, dancers should approach competitions with pride and happiness. The ability to deal with tension and pressure with a peaceful attitude allows dancers to enjoy the moment. It is important to learn how to deal with being scared and tense by keeping an open mind, dealing with the pressure bravely with flexible movements, and making progress towards set goals. It is a joyful time for kids to experience with support from their parents!

## Learn Commitment

A successful dancer must fulfill commitments during the dancing path, particularly as Latin dance requires two people to work together as a team. Both people must share the same goals and allocate the same time for practice. They need to make an effort to walk through the goals respectfully with each other for dance shows or competitions. Committing to movements makes a huge difference in your performance. It makes everything more purposeful, effective, and entertaining.



Latin dance allows dancers to express emotions, construct their favorite stories, and express the emotional language in their heart! Use your body to express positive energy, create dreams, and shine for your own life!

Pure Green Dance teaches children to dance Latin dance, and they have experience on stage when they grow up, rich in emotions, and loving life.

[www.puregreendance.com](http://www.puregreendance.com)  
[services@puregreendance.com](mailto:services@puregreendance.com)

Contact number: (852) 9726-8902



Web

# Pure Green Dance Premium

旺角廣華街48號廣發商業中心7樓708室

Email: [services@puregreendance.com](mailto:services@puregreendance.com)

TEL: (852) 9726 8902

## Candy 老師

國際舞蹈教師協會認可老師  
唯一以身心語言程式學  
高級訓練師卓越技巧  
教授的拉丁舞老師



我是拉丁舞蹈教師 Candy Wong, 有8年專業教授幼兒及成人拉丁舞蹈經驗。是 IDTA International Dance Teacher Association 認可教師, 亦是一位 NLP Neuro-Linguistic (Programming) 師承張國維博士 \*<http://www.nlppro.com/-main.pdp?id=16>\* 的身心語言程式學高級執行師及兒童體適能教練!

拉丁舞是一項融合體能與藝術的運動, 致力培養幼兒及兒童個人成長與身心合一, 加強學生專注力的提升及認識身體的平衡力及卓越狀態, 身心靈, 穩定情緒, 手腳協調思考敏捷!

拉丁舞是規律的練習, 是建立氣質的一種身體語言, 有助加強親和能力, 善於表達心中所想, 發展社交, 懂得與人合作相處, 容易融入團體!

拉丁舞的其中技巧在於重心移動管理, 能鍛鍊左右腦互動多角度思考及增強意志力, 發放正能量, 建立自信心, 肌肉延展的鍛鍊, 建立肌耐力的修為, 開朗的儀表。

拉丁舞的練習成果可見身體反應迅速靈活, 精神奕奕的狀態, 多角度立體思考, 保持身體常常充滿正能量, 是現今面對學習解決困難的要素。

幼兒成長期間及青少年學習拉丁舞, 是體藝能的內外暨備在成長, 成為小賽手, 學習體育精神, 增強心理質素, 勇於面對挑戰, 可以參加2021年香港體育舞蹈會比賽!

## 個人資歷

Bachelor of Business  
(Management)  
-RMIT  
University  
澳洲  
皇家墨爾本  
理工大學  
商業市場管理  
學士

IDTA  
International  
Dance  
Teacher  
Association  
國際舞蹈  
教師協會  
認可執業  
教師

INLPA  
Master  
Practitioner  
(Academic)  
國際認可  
身心語言  
程式學  
高級執行師

Brain Gym  
健腦操  
證書  
基礎課程

Hong Kong  
University  
Postgraduate  
Diploma  
Professional  
Accounting  
香港大學  
深造專業  
會計文憑



## THOMAS FAIRCLOUGH

*Director of  
Extra-Curricular Programmes*  
**Woodland Pre-Schools**

### Builds relationships & social skills

Young children are learning how to make friends and developing social skills. Joining after school activities gives them the opportunity to meet more children their age or with the same interest, so they can build on social skills like sharing, taking turns, cooperating, listening and empathy.

### Discovering new interests

At Woodland, we nurture children's curiosity and creativity. These characteristics prepare the brain for learning and develops their inquiry mind. By participating in activities outside the classroom, they can explore a vast array of activities where their curiosity and creativity are further enhanced. It's a bonus if they find a new passion or hobby along the way.

### Teamwork

Teamwork is a common concept found in extra-curricular activities, such as our sports and STEAM clubs. These activities allow children to learn how to complete tasks or reach their goals through collaboration and working well with each other. The relationships developed through teamwork often bring a strong bond between children.

### Building self-confidence

Extra-curricular activities are a great platform for children to build their self-confidence and discover new interests and passions outside of the classroom. Some children gravitate towards arts, sports and/or science – each child is unique. The more success they achieve through activities they are passionate about, the more confident they feel about themselves. This increased level of confidence will also benefit them within the classroom.

### Resilience

It is particularly important to build resilience in children. Resilience is being able to bounce back from challenges and tough times. These challenges can be as simple as joining a new class, meeting new friends, or losing a game. Through different experiences and safe environments, children can learn how to accept challenges and recover from setbacks.





“Thank you, Woodland, for the great teachers and variety of facilities and activities they offer! My baby enjoyed every minute of her time here and always wants to go back!” - Ms. Mo

## Physical and mental wellbeing

Wellbeing is more than just happiness. It is engaging in fulfilling activities, having regular physical activities, and connecting with self and others. Having adequate exercise not only improves their physical health, like building muscles and bone strength, but it also improves their mood, sleep and self-confidence as well as reducing stress.

## All-rounded development of children

All-rounded development means focusing on more than just the academic development of the child. Success cannot be attributed to intelligence alone. By allowing children to participate in extra-curricular activities, it allows them to unlock their potential and find new talents. These successes outside of the classroom give them additional opportunities to display their talents and build stronger self-confidence.

“My daughter flourished at Woodland and made friendships that will be long lasting, I’m sure. The environment created a solid early foundation for her and gave her confidence in her abilities, enhanced her curiosity, taught her how to be polite and communicate with people of all ages and cultures. My partner and I would agree, signing her up at Woodland was probably the most significant decision we made since arriving in Hong Kong two years ago.” - Ms. Talebli



**WoodlandPre-Schools**  
Since 1978

At Woodland, we are passionate about early years education. With over 40 years of Pre-School excellence, our early years teaching will give your child the best start to their developmental journey. We offer classes for children six months to six years, with our bespoke curriculum mapped to Early Years Foundation Stage (EYFS).

[www.woodlandschools.com](http://www.woodlandschools.com)  
[enquiry@woodlandschools.com](mailto:enquiry@woodlandschools.com)

Contact number: (852) 2526-9748





**Woodland**Pre-Schools  
Since 1978

# Building Strong Foundations for Future Learning

*Our bespoke curriculum is mapped to the English Early Years Foundation Stage (EYFS) and will prepare your child with the necessary foundational skills for their primary years. Starting from 6 months, we have dedicated Mandarin learning sessions in every class with an aim that our children will graduate with a proficiency in both the English language and Mandarin.*



**Caring  
Community**



**Play-based  
Inquiry**



**Wellbeing  
Focus**

[www.woodlandschools.com](http://www.woodlandschools.com) | T. +852 2526 9478 | E. [enquiry@woodlandschools.com](mailto:enquiry@woodlandschools.com)

Mid-Levels | Happy Valley | Kennedy Town | Pokfulam  
Repulse Bay Beachside | Repulse Bay The Arcade | Sai Kung Marina Cove



Kids' Activities. Discover. Shop. Share.



Got a topic that you are interested in? Or simply want  
to seek advice from our panel of experts?

Contact us today at [info@whizpa.com](mailto:info@whizpa.com)