

GETTING KIDS TO MOVE WITH ALTERNATIVE SPORTS



GROWING MINDS, LLC

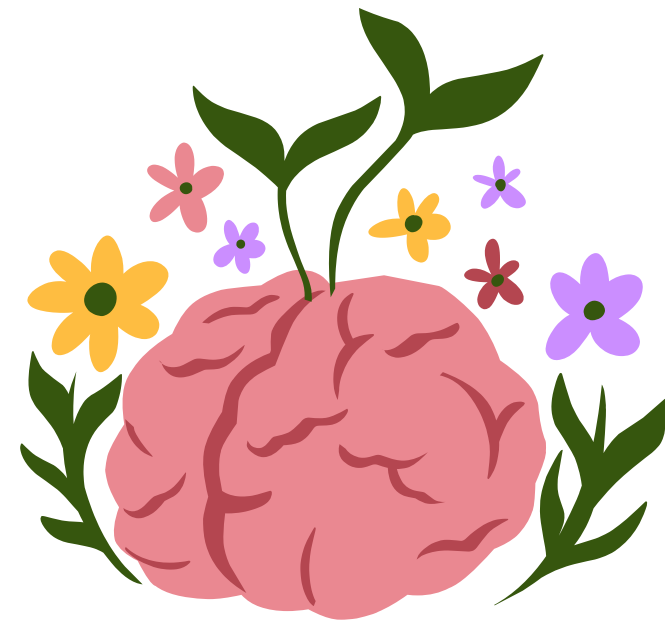
What are ALTERNATIVE SPORTS?

Alternative sports are any physical activity that is not one of the commonly known and accepted mainstream sports (mainstream sports include Football, Soccer, Basketball, etc)

Alternative sports can help children find an activity that aligns with their interests, encourages them to get active, and promotes their physical and mental well-being.

Who might they SERVE?

Teens with social-emotional or physical challenges, including anxiety, depression, ADHD, or Autism, who may not feel comfortable participating in traditional sports.



Why are they IMPORTANT?

Research has repeatedly shown the benefits of sports and exercise for the well-being of adolescents.

Teens who exercise demonstrate greater resilience and emotional regulation, better social communication, moral decision making, and time management, and report having a more positive body image.

FANTASY SPORTS

LARPing

- A life-sized adaptation of the game Dungeons and Dragons (D&D)
- Teens complete physical tasks and obstacles with a team
- Improves fitness, social skills, and problem-solving

Quidditch

- Based on a sport from the Harry Potter Universe
- Teens run, jump, throw, and catch all while astride a stick as if riding a broom
- “Quirkiness” helps players embrace and accept their true selves with confidence



GETTING OUTDOORS

Adventure Programs

- Teach coping skills, promote team-work, and improve physical and mental health
- Get kids outdoors, in nature, away from screens



Horseback Riding

- Non-competitive, socially flexible, and physically adaptive
- Often accompanies therapeutic interventions
- Improve fitness, strength, and mental health

MARTIAL ARTS & TAI CHI



Tai Chi

- An ancient Chinese exercise that focuses on mind-body connection and mindfulness
- Non-competitive and socially flexible
- Teaches discipline, increases body control, and reduces symptoms of anxiety, depression, and stress while increasing confidence