

## Summer Brain Gains – How SKILLZ Fights the Summer Slide with Science and Fun

Every summer, parents worry about one thing:

Will my child fall behind while school is out?

The truth is, the *summer slide* is real — and it affects millions of children each year. This loss of academic and cognitive momentum during school breaks can delay progress and dampen a child's love for learning.

But what if there was a way to keep your child's brain active, their confidence growing, and their joy for learning fully alive?

At SKILLZ, we've developed a system that does exactly that.

It's called *Summer Brain Gains* — and it's powered by brain science, movement, and motivation.

Let's break down how SKILLZ turns summer into a season of growth — not regression.

### 1. SKILLZ Activates Brain Chemistry That Fuels Learning

When children are engaged in a fun, structured environment, their brains release D.O.S.E. chemicals:

- Dopamine (reward and motivation)

- Oxytocin (connection and trust)
- Serotonin (emotional stability)
- Endorphins (happiness and energy)

SKILLZ programs are designed to activate this chemical “brain boost” through game-based learning, connection-driven instruction, and constant encouragement. That means your child leaves every class happier, more motivated, and more receptive to continued growth.

## **2. SKILLZ Strengthens Executive Function and Working Memory**

Summer can disrupt a child’s cognitive rhythms. Without structure and active engagement, their executive function — the brain’s control center for focus, memory, and emotional regulation — can begin to dull.

SKILLZ classes incorporate intentional challenges that target memory, attention, and self-regulation. Through techniques like neurobics (brain warm-ups) and **Brain SKILLZ-targeted drills**, students practice:

- Recalling sequences
- Responding with control under pressure
- Processing multi-step instructions

These activities “wake up” the brain and strengthen the exact skills needed for academic readiness.

### **3. SKILLZ Combats Stress and Reignites Motivation**

SKILLZ flips the script from a traditional classroom setting by creating a space that feels safe, joyful, and empowering. Through high-energy drills, consistent praise, and peer interaction, children build confidence and reconnect with learning in a fun, low-pressure environment.

The result?

Kids stop dreading structure — and start craving it again.

### **4. SKILLZ Builds Learning Through Play — Not Pressure**

According to educational neuroscience, children learn best when they feel safe, connected, and curious. That's why every SKILLZ drill and game is designed with age-specific cognitive and emotional needs in mind.

SKILLZ turns martial arts into a tool for whole-brain development by embedding cognitive goals into every physical movement. Whether it's improving balance and coordination or building memory and focus, each class feels like play — but functions like learning.

### **5. SKILLZ Creates Lasting Positive Associations with Learning**

Research shows that children remember the emotional tone of an experience more than the content. That's why SKILLZ uses the *Peak-End Rule* to ensure every class ends on a high — with fun, connection, and praise.

This creates long-term motivation and reinforces a powerful belief in children:

Learning is fun.

Effort leads to progress.

And growth never stops — even in the summer.

### **Not Just a Class. A Summer of Growth.**

SKILLZ programs are more than just martial arts. They're child development systems built on science, movement, and emotional intelligence.

Whether your child joins us for day camps or in-studio classes, every experience is designed to:

- Boost brain development
- Rebuild confidence
- Create joyful, memorable learning

This summer, give your child a break from the break. Let them reset, recharge, and rise.

Because in the world of SKILLZ, every class is a chance to grow — and every season is a season of success.

Let the gains begin!

