

## Why SKILLZ Classes End with a Game (and Why It's Backed by Brain Science)

If you've ever watched a SKILLZ class and thought:

*"Why are they playing games instead of practicing more martial arts?"* —

You're not alone.

And you're not wrong to ask. But here's what most people don't realize:

At **SKILLZ**, our end-of-class games aren't a break from learning —

They are learning.

Games are one of the most powerful child development tools we use. And when designed intentionally (like ours are), they strengthen the brain, support emotional growth, and create powerful connections between kids, instructors, and peers.

Let's break down the science behind **why SKILLZ ends every class with a game**— and how that's a game-changer for your child's development.

### 1. Games Trigger Brain Chemistry for Learning

When children laugh, smile, and connect during a SKILLZ game, their brains release powerful chemicals known as **D.O.S.E.:**

- **Dopamine** (motivation & reward)

- **Oxytocin** (connection & trust)
- **Serotonin** (emotional balance)
- **Endorphins** (joy & relaxation)

This “brain cocktail” is the perfect recipe for deep learning and retention. A child who ends class happy is more likely to return excited, engaged, and ready to grow.

## **2. Games Reset the Nervous System**

Children cannot absorb new information if their nervous system is dysregulated.

Games help transition kids out of “fight-or-flight” mode and into a calm, connected state of learning.

At **SKILLZ**, we intentionally use the end of class to **lower stress, regulate emotion, and anchor success** — so every student leaves feeling empowered and balanced.

## **3. Games Build Social & Emotional Skills**

SKILLZ games aren't just about movement — they're about **relationships**.

Whether it's learning patience while waiting a turn, navigating friendly competition, or practicing good sportsmanship, our games support key life skills like:

- Teamwork

- Self-regulation
- Communication
- Conflict resolution

These are the skills kids need *beyond* the mat — and SKILLZ helps build them through playful, structured interaction.

#### **4. Games Boost Retention & Application**

What's fun, novel, and emotional is what sticks. That's neuroscience 101.

By ending class with a positive game experience, SKILLZ students are **more likely to remember and apply** the martial arts techniques and life skills they learned earlier in class.

We're not just teaching punches and kicks. We're creating **memorable, brain-friendly lessons** that last.

#### **5. Games Create Positive Associations with Learning**

According to the *Peak-End Rule* in psychology, people remember the final moments of an experience most vividly.

That's why every SKILLZ class ends on a high note.

We want kids to walk out the door feeling:

- Successful
- Supported
- Excited to return

This fuels long-term motivation, commitment, and passion for learning — both on and off the mat.

**Not "Just a Game" — It's Brain Training Disguised as Fun**

Every SKILLZ game is **age-specific, brain-based, and developmentally aligned** with our proprietary **Brain SKILLZ system**.

Here's how a few of our favorite SKILLZ games support cognitive growth:

**"Four Corners" (Early SKILLZ)**

Targets **Response Inhibition**. Kids must listen, move with intention, and stop without being seen — all while staying quiet and focused.

**"Octopus" (Basic SKILLZ)**

Builds **Divided Attention** by requiring students to track movement and make split-second decisions while navigating the game.

### “Speed Ball” (Core SKILLZ)

Enhances **Visual Processing** and **Attention Control** in fast-paced team dynamics.

### “Dr. Dodge Ball” (Extreme SKILLZ)

Develops **Divided Attention**— plus it keeps older kids fully engaged.

### This Is **Why SKILLZ Works**

At SKILLZ, we believe the best learning doesn't just happen through structure — it happens through connection. When a child ends class smiling, laughing, and feeling seen, that's not just a good day... it's good brain development. It's confidence. It's belonging. And most of all, it's the kind of experience that keeps kids coming back, week after week, with a love for learning and a belief in themselves that lasts a lifetime.

Because in the world of SKILLZ, **every game is a building block**, and every moment is a chance to grow.

Let the fun begin — the science will follow.