

# Importance of Extracurricular Activities

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## Communication Skills

Engaging in activities like debate or drama enhances speaking and listening skills.

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## Leadership Skills

Team sports and clubs offer opportunities to take on leadership roles.



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## Making Friends

Activities provide a platform to meet and interact with peers.

## Teamwork

Working in groups helps build collaboration skills.

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## Stress Relief

Physical activities help reduce stress and improve mood.

## Problem-Solving

Creative activities encourage innovative thinking.

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## Improved Focus

Balance between academics and activities can enhance concentration.

## Time Management

Juggling activities with academics teaches effective time management.

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# NAI Activity Fair 2024-2025

## Date

Friday, September 20

## Time

8:01 - 8:39 AM

## Who

All Freshmen and  
NEW Sophomores

## Where

NAI Main Gyms

## Why

Provide an IN SCHOOL opportunity to see all the clubs and activities that NAI currently has running for the 2024-25 school year!

## What Else Should I Know...

The impact of participating in at least ONE activity outside of the classroom can mean:

Better school and class attendance

Higher GPA

Greater sense of belonging

Positive influence on mental health



JOIN TODAY!