



## How Are Indoor Games And Activities Advantageous For Teens?

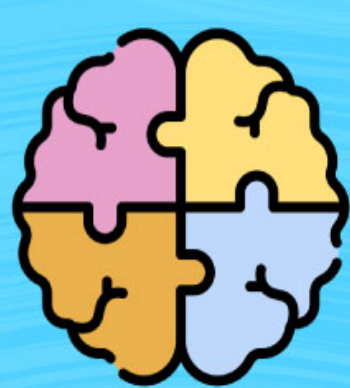


### Say goodbye to stress

Indoor games and activities help teens keep stress and anxiety at bay.

### Nurture cognitive skills

Indoor games such as ludo, chess, or carrom help enhance cognitive and problem-solving skills.



### Increase productivity

Better cognitive skills lead to increased productivity. They keep the brain fit and improve awareness and consciousness.

### Encourage creativity

Playing with other teens helps improve imagination. They learn to be expressive and curious as they learn new things.



### Open new experiences

During indoor games and activities, teens come to gather new experiences and knowledge.

### References:

- Why do kids need to spend time in nature?; Child Mind Institute
- Benefits of playing board games; BCFL