



HELEN O'GRADY  
ACADEMY PAKISTAN

# NURTURING TINY MINDS

WITH OUR SKILL DEVELOPMENTAL PROGRAMME  
AT HELEN O'GRADY PAKISTAN



## WHY CHOOSE HELEN O'GRADY?

The main aim of the Helen O'Grady Programme is the self-development of children. It encompasses an exciting, carefully crafted curriculum and allows children to develop ongoing confidence and **verbal communication skills:**

the vital life skills young people need in an ever-changing world.

## WHY SHOULD YOUR KIDS ENROLL WITH HELEN O'GRADY?

- ✓ Increase Confidence
- ✓ Build Self-Esteem
- ✓ Develop Social Skills
- ✓ Improve Listening Skills
- ✓ Enhance Speech and Articulation
- ✓ Understand Teamwork Dynamics
- ✓ Improve Communication Skills



## THE CLASSES EXPLORE AND WORK ON



Introductory/  
warm-up activities



Speech  
skills



Creative  
movement



Improvisation and  
character-building



Team building  
skills



Establishing and  
maintaining eye contact

## Through the Helen O'Grady Programme

children begin to understand the importance of the spoken word and body language. Among other things in class, they improvise plays, create stories, develop characters, and work with scripted pieces: all this while making new friends and having fun!

## HOW DOES DRAMA INCREASE EMOTIONAL INTELLIGENCE AND BOOST WELL-BEING?

- ✓ Explores emotions and understand how emotions affect decision-making.
- ✓ Learns to understand how people convey emotions through body language.
- ✓ Increases empathy and understanding of other people.
- ✓ Increases self-awareness.

Every child is unique at the Helen O'Grady Academy. All students are treated equally and given the opportunity to shine, regardless of their confidence level or ability