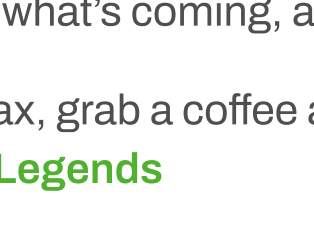
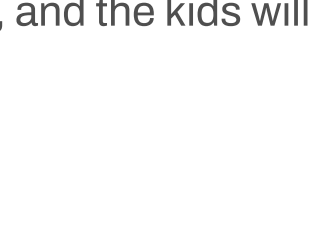




Little Legends Newsletter



Edition 1

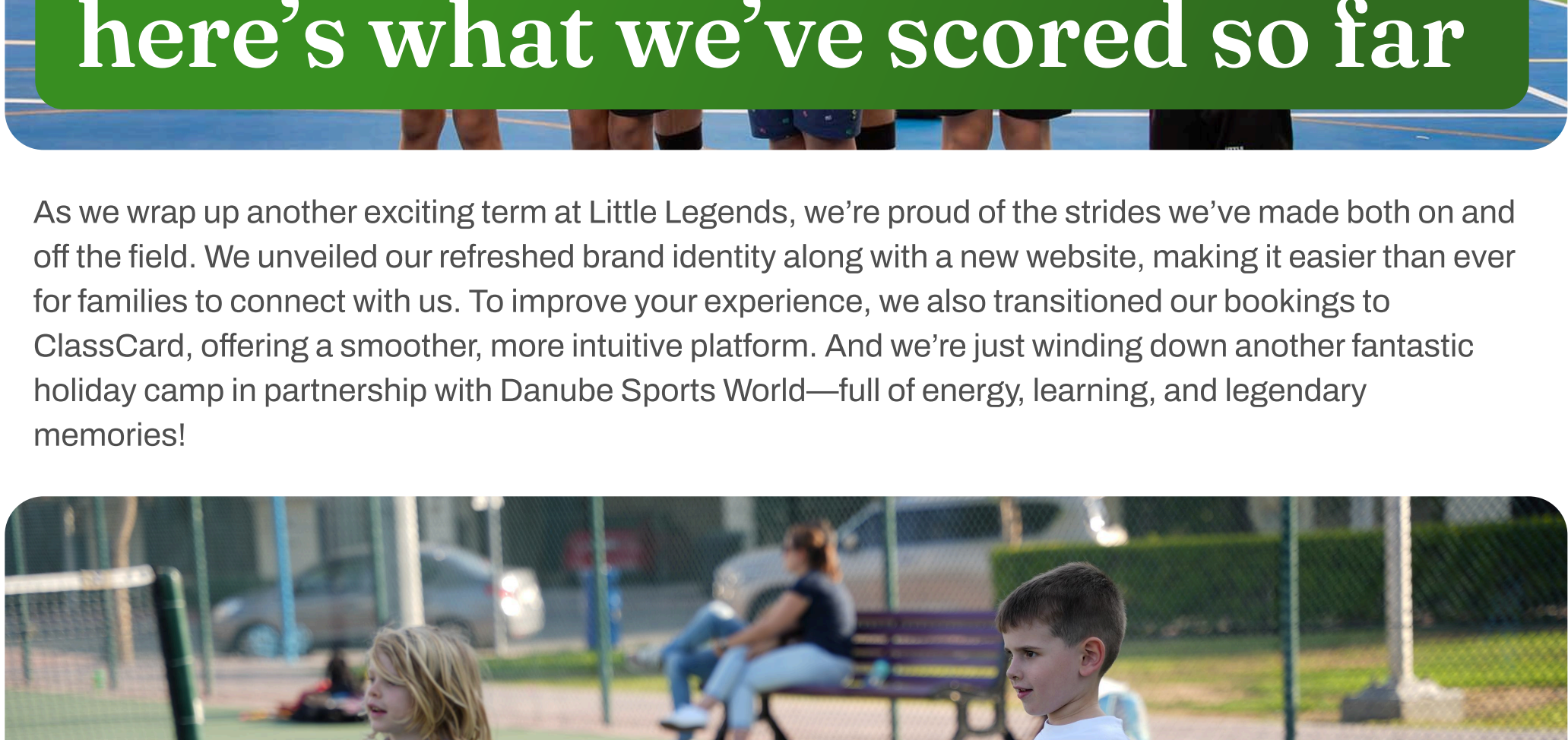


Dear parents

Welcome to the kick-off of our very first edition of the Little Legends newsletter! We're very excited that we now have a new way to communicate milestones, achievements and updates from the field and from the office. Before the start of each term we'll be sharing a recap of what the previous term entailed, a look forward into what's coming, and some content that we hope you'll find useful, and the kids will find fun!

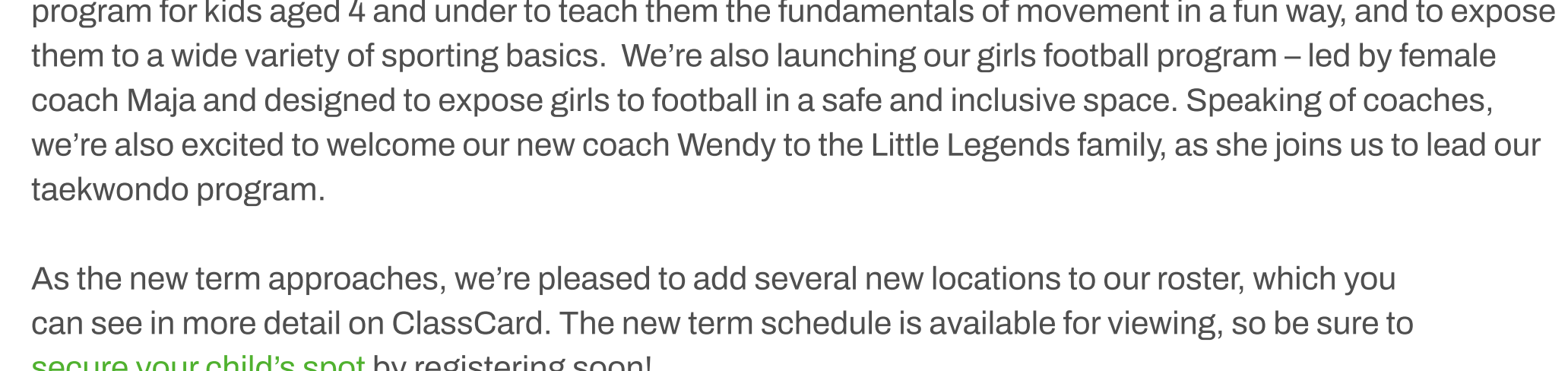
Sit back, relax, grab a coffee and enjoy!

Team Little Legends



Looking back at the season... here's what we've scored so far

As we wrap up another exciting term at Little Legends, we're proud of the strides we've made both on and off the field. We unveiled our refreshed brand identity along with a new website, making it easier than ever for families to connect with us. To improve your experience, we also transitioned our bookings to ClassCard, offering a smoother, more intuitive platform. And we're just winding down another fantastic holiday camp in partnership with Danube Sports World—full of energy, learning, and legendary memories!



Game on: Term 1 in action

Looking ahead, we have several exciting things on the horizon. We're launching FitFun, a foundational program for kids aged 4 and under to teach them the fundamentals of movement in a fun way, and to expose them to a wide variety of sporting basics. We're also launching our girls football program – led by female coach Maja and designed to expose girls to football in a safe and inclusive space. Speaking of coaches, we're also excited to welcome our new coach Wendy to the Little Legends family, as she joins us to lead our taekwondo program.

As the new term approaches, we're pleased to add several new locations to our roster, which you can see in more detail on ClassCard. The new term schedule is available for viewing, so be sure to [secure your child's spot](#) by registering soon!

Lastly, we're proud to announce that we have officially partnered with The Dental Studio, one of the most well established dental practices in Dubai with almost 50 years in the region. We're excited to work together to bring holistic care for your child, both on and off the field.

Off the Field, Still in the Game. Home hacks to keep your child's skills sharp.

At Little Legends, we believe that building lifelong skills doesn't stop when the session ends, but it continues at home, in the everyday moments filled with play, laughter, and imagination. That's why we've put together a collection of easy, fun, and active home hacks to help your child keep developing key physical and cognitive skills between sessions, while having fun!

For the younger legends:

Home Hack 1: Balloon Play

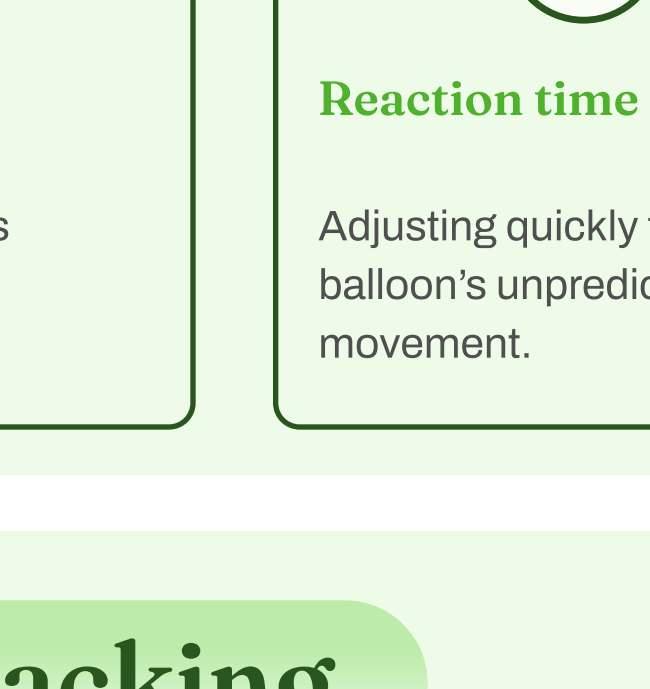
You'll need:

A pack of colourful balloons, an open space free of obstacles



How to play:

Inflate 2-3 balloons and throw them in the air, **encouraging your child to try and catch them**, keep them from hitting the ground or volley them back and forth together. Keeping more than one balloon up at a time will encourage your child to think and move fast!

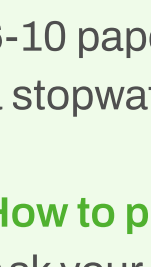


Skills developed



Hand-eye coordination

Watching the balloon and timing hand movement to catch or hit it.



Focus & attention

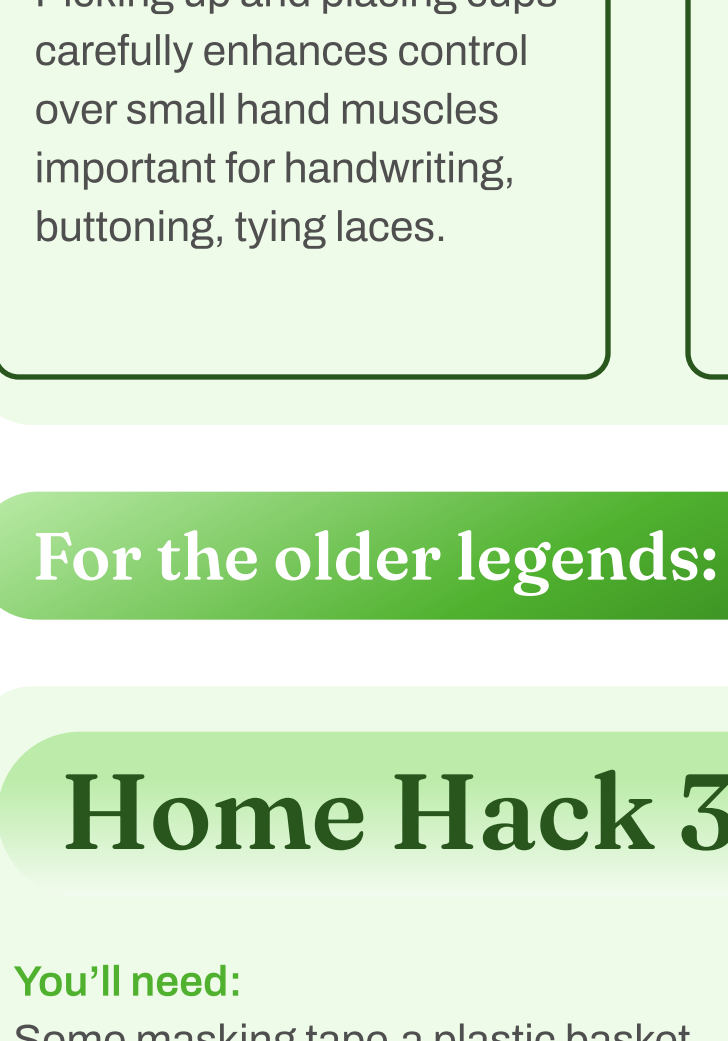
Requires continuous visual tracking and adjustment.



Reaction time

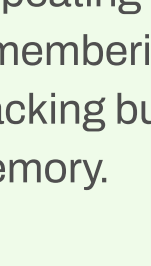
Adjusting quickly to the balloon's unpredictable movement.

Home Hack 2: Cup Stacking



You'll need:

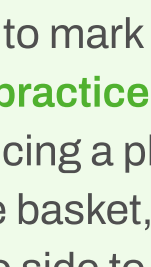
6-10 paper or plastic cups; a stopwatch or timer



How to play:

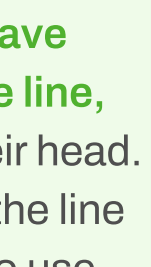
Ask your child to stack the cups as high as they can without them falling over. Then, **challenge them to unstack them and start again, faster!** They can create different formations like pyramids or a wall to challenge their creativity and their ability to perform a task under time pressure.

Skills developed



Grasp Control

Picking up and placing cups carefully enhances control over small hand muscles important for handwriting, buttoning, tying laces.



Planning & Problem Solving

Thinking ahead of which can go where to keep the tower stable. They learn through trial and error so when a stack falls, they adjust their strategy.



Sequencing & Memory

Repeating patterns or remembering the order of stacking builds working memory.

For the older legends:

Home Hack 3: Basket Balancing

You'll need:

Some masking tape, a plastic basket or cushion, and an open space

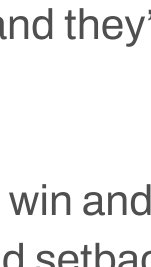


How to play:

Using tape to mark a line on the floor or ground, **have your child practice walking and balancing on the line**, while balancing a plastic basket or cushion on their head. Without the basket, encourage them to hop over the line from side to side to practice hopping. You can also use other items such as a piece of wood or large branch to make a balance beam outside.

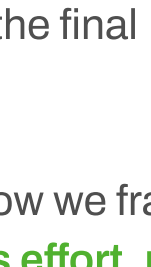


Skills developed



Balance & stability

Crucial for nearly all sports and everyday movements; walking along a narrow path strengthens core muscles and improves posture control.



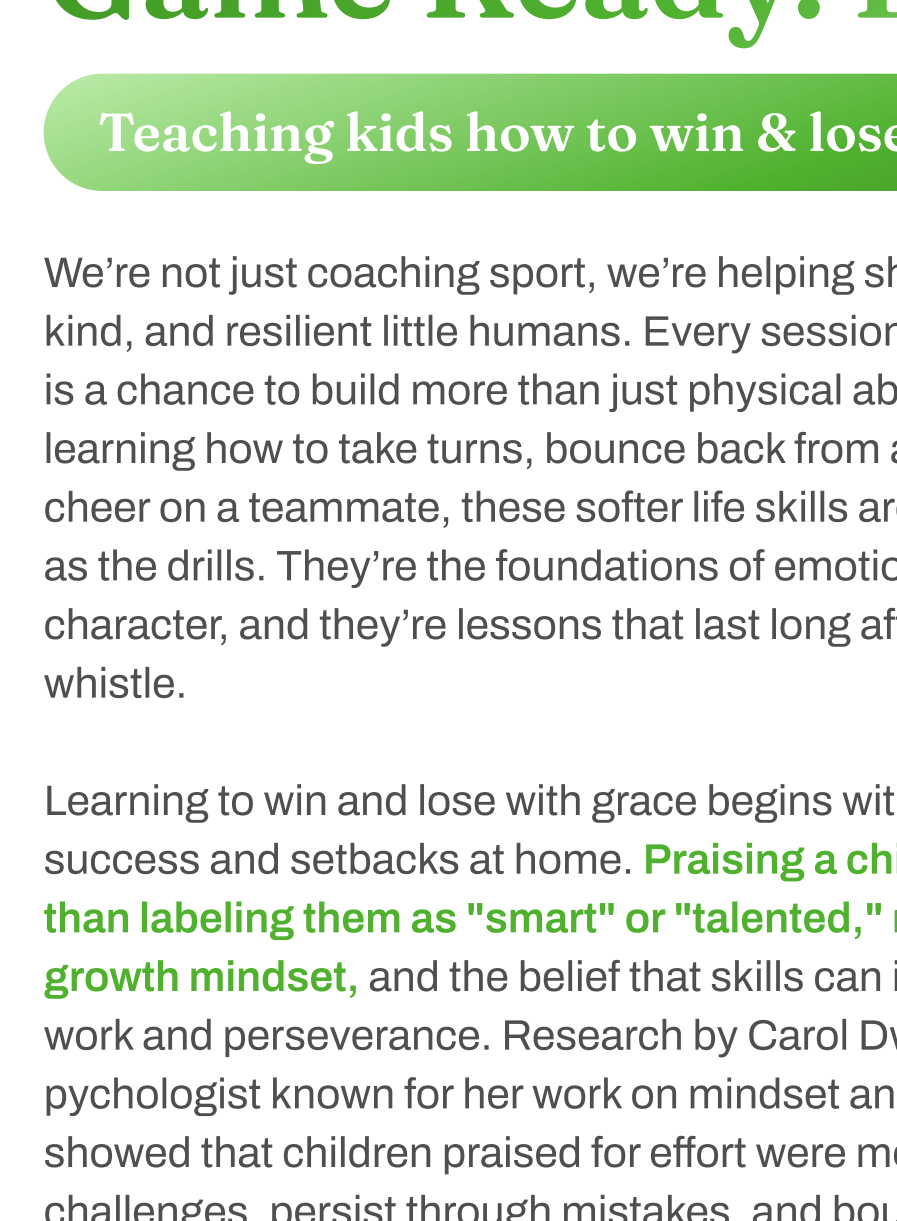
Bilateral integration

Using both sides of the body in a coordinated way (e.g., stepping with one foot, stabilizing with the other).



Concentration & focus

Requires steady attention to maintain balance or time the hop.



Give these home hacks a try with your little legend, and don't forget to tag us in your stories @littlelegendsuae so we can cheer you on!

Game Ready. Life Ready

Teaching kids how to win & lose with grace

We're not just coaching sport, we're helping shape confident, kind, and resilient little humans. Every session at Little Legends is a chance to build more than just physical ability. Whether it's learning how to take turns, bounce back from a missed goal, or cheer on a teammate, these softer life skills are just as important as the drills. They're the foundations of emotional strength and character, and they're lessons that last long after the final whistle.

Learning to win and lose with grace begins with how we frame success and setbacks at home. **Praising a child's effort, rather than labeling them as "smart" or "talented," reinforces a growth mindset**, and the belief that skills can improve with hard work and perseverance. Research by Carol Dweck – a U.S. psychologist known for her work on mindset and motivation – showed that children praised for effort were more likely to take on challenges, persist through mistakes, and bounce back stronger after failure, while those praised for innate ability tended to avoid challenges so as not to appear incompetent. In one study, 99% of children who received effort-based praise chose a harder puzzle next, compared to fewer in the group praised for ability.

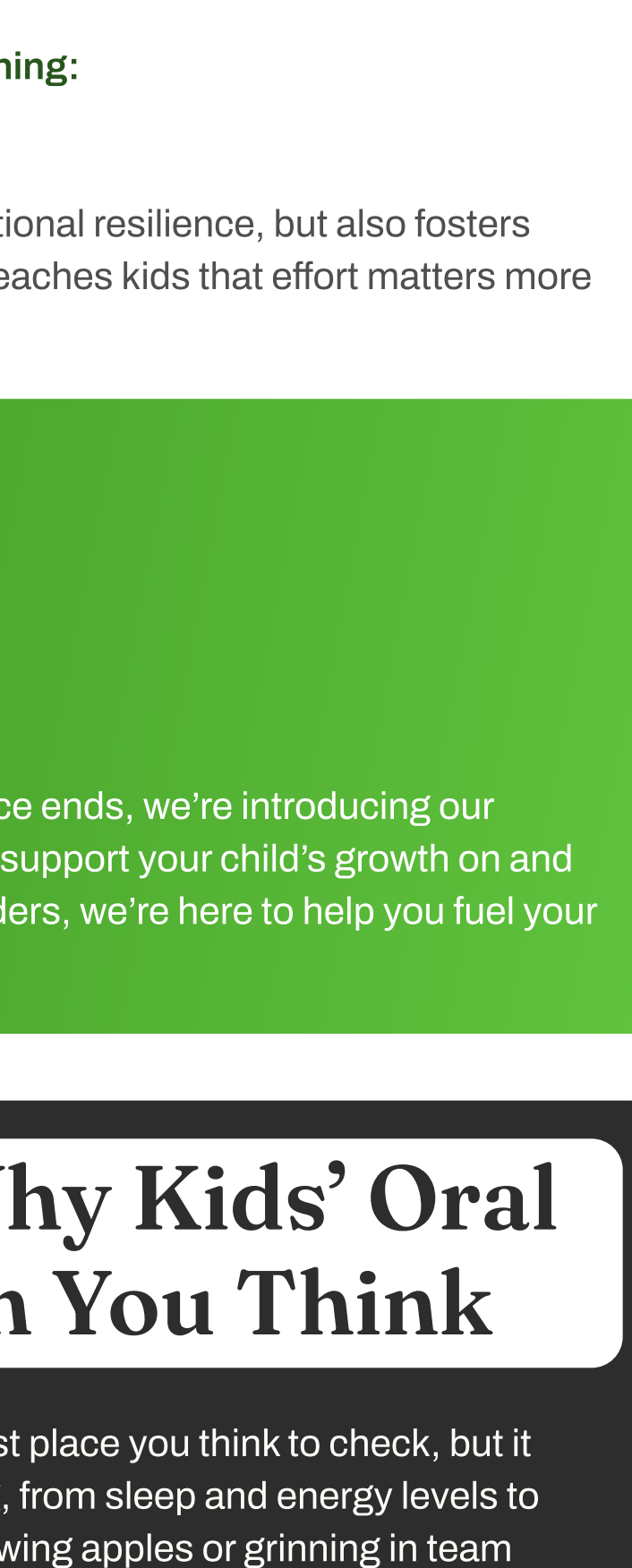
When your child wins, emphasize what they did, rather than the win itself:

"You kept practicing and stayed focused—that's how you got that goal!"

If they lose, validate their feelings and gently shift the focus to learning:

"You gave it your best shot, what can we try differently next time?"

Consistently highlighting effort over innate traits not only builds emotional resilience, but also fosters intrinsic motivation and persistence, even in the face of setbacks. It teaches kids that effort matters more than talent, and that every challenge is a chance to grow!



More Than Movement

Wellness Corner

Because we know that building skills for life doesn't stop when practice ends, we're introducing our Wellness Corner: A space dedicated to the small, healthy habits that support your child's growth on and off the field. From smart snacks to wellness tips and hydration reminders, we're here to help you fuel your little legend's body and mind.

Tiny Teeth, Big Impact: Why Kids' Oral Health Matters More Than You Think

When it comes to your child's health, their mouth might not be the first place you think to check, but it should be. Oral health plays a powerful role in their overall well-being, from sleep and energy levels to immunity and confidence. Your little legend's teeth aren't just for chewing apples or grinning in team photos; they're a big part of their whole-body health.

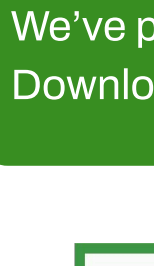


Did you know:



Bacteria from the tooth can sneak into the bloodstream

If plaque isn't cleaned correctly, it can cause gum inflammation. That lets harmful bacteria travel to other parts of the body, increasing the risk of infections and even heart strain over time.



Sore teeth or jaw misalignment can lead to poor sleep and cranky mornings

Dental pain, grinding, or breathing through the mouth at night can interrupt deep sleep, leaving kids tired, moody, and less focused at school or practice.



Healthy gums mean fewer infections and a stronger immune system

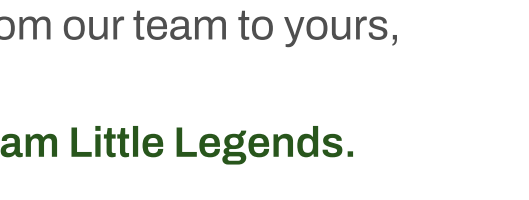
A clean mouth supports a balanced immune response. When the gums are inflamed, the body has to work harder to fight bacteria, weakening overall defences.

Let's keep those Little Legends smiling, on and off the field!

Learn more or book a check-up at www.thedentalstudio.ae

Boost Those Brain Muscles

We've put together some puzzles to keep your little legend's mind as sharp as their feet, off the pitch. Download to print, and enjoy!



Download Puzzle 1



Download Puzzle 2

Download Full Newsletter

We hope you enjoyed this edition of the Little Legends newsletter and hope it left you with fresh ideas, helpful insights, and simple ways to support your child's growth, on and off the field. We'd love to hear your feedback on it and what we can improve on for the next edition, so please take a minute to fill out this very short survey:

Survey

Remember, every skill learned through play, practice, or even a puzzle is a step toward building confidence, character, and lifelong resilience. Until next time, keep cheering, keep playing, and keep building those skills for life!

From our team to yours,

Team Little Legends.