



# 10 top reasons why children play sport

 @BelievePHQ

**01**   
To have fun

**02**   
To get some exercise

**03**   
To improve skills

**04**   
To make friends

**05**   
To challenge themselves

**06**   
To participate in something they are good at

**10**   
To be like their role models

**09**   
To release stress

**08**   
To win

**07**   
To play in a team

