

# This is IMPORTANT

At Hong Kong Academy, one of our goals is to maximise students' potential and prepare them for the future with a balance of learning, growing and understanding. Students' socio-emotional development is a key part of that balance. For me as a social and emotional counsellor, this points to the importance of play. We are all better off — and more balanced — when we get out that hat, ball, magic wand or even an old stick and apply a little imagination!

I see it every day at Hong Kong Academy: play allows students to express themselves as individuals and promotes self-esteem. It helps students develop problem-solving skills and provides opportunities for them to solve problems on their own. And through play, children are able to express their feelings and build deeper, positive relationships with their peers and adults.

Come play with us at HKA!



**Carla Nagel**  
Primary School Counselor



HKA is an IB World School. Come visit us in Sai Kung to learn more about HKA's dynamic learning community. Email [admissions@hkacademy.edu.hk](mailto:admissions@hkacademy.edu.hk) to schedule a tour.

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