

□ WRITING PIECE 1 - FEEDBACK

Section 1:

#1 (First paragraph) Strengths:

- Your opening effectively introduces the main topic and clearly outlines the three main points
- Your thesis statement is clear and specific about discussing benefits and drawbacks

Weaknesses: Lack of Hook → Your introduction starts directly with a statement but misses an engaging hook that could grab the reader's attention. The opening sentence "The use of technology and screen time..." is too straightforward and doesn't draw readers in.

Exemplar: *"As children's fingers dance across screens and their eyes remain glued to digital devices, parents worldwide grapple with a modern dilemma: how much screen time is too much?"*

#2 (Second paragraph) Strengths:

- Your clear topic sentence introduces the focus on physical health
- Your writing links ideas between sentences smoothly

Weaknesses: Limited Supporting Details → Your paragraph presents ideas about physical health effects but doesn't fully develop them with specific examples. You mention "obesity and other physical health problems" but don't explain what these other problems are.

Exemplar: *"Beyond weight gain, excessive screen time can lead to poor posture, eye strain, and disrupted sleep patterns, affecting children's overall physical development."*

#3 (Fourth paragraph) Strengths:

- Your writing effectively presents the importance of setting restrictions
- Your conclusion ties back to the main argument well

Weaknesses: Weak Counter-argument → Your counter-argument about restrictions being "overly restrictive" isn't fully addressed. You quickly dismiss it without properly explaining why the benefits outweigh the concerns.

Exemplar: *"While some worry about strict screen time limits causing stress, careful scheduling actually helps children develop better self-control and time management skills."*

■ Your persuasive piece needs more real-life examples to make your arguments stronger. You could improve the second paragraph by adding specific examples of how screen time affects daily activities. Also, try to make your writing more engaging by using more descriptive language that primary school students can relate to. Additionally, you could strengthen your third paragraph by including examples of positive technology use in moderation. Your conclusion would be more powerful if you added a call to action for parents and children. Try to use more connecting words between your ideas to make your writing flow better. Your writing would benefit from more personal examples that readers can connect with. Consider adding short stories or situations that show the effects of too much screen time.

Score: 43/50

Section 2:

Technology & Screen Time: How Much is Too Much?

#1 ~~The use of technology and screen time has become an integral part of daily life, especially among children.~~ [In today's digital age, children find themselves increasingly immersed in a world of screens and technology.] While technology offers numerous benefits, excessive screen time can have negative effects on physical and mental health. This essay will discuss the benefits and drawbacks of technology in daily life, focusing on three main points: the impact of screen time on children's physical health, the effects of technology on mental health, and the importance of setting restrictions on screen time.

#2 Excessive screen time is linked to a sedentary lifestyle, contributing to obesity and other physical health problems in children. ~~A study by~~ [Research from] the World Health Organization [Organisation] (2019) found that children who spent more than two hours per day on screens were more likely to be overweight or obese. Prolonged screen time leads to a decrease in physical activity, as children spend more time sitting and engaging in sedentary ~~behaviors~~ [behaviours]. Some argue that screen time can be beneficial for physical health, as some video games and apps promote physical activity. While some games and apps may encourage physical activity, the overall effect of excessive screen time on physical health is still negative. A review of 15 studies on screen time and physical activity found that excessive screen time was consistently linked to decreased physical activity and increased risk of obesity. The negative effects of excessive screen

time on physical health are well-established, and parents should be aware of these risks when setting limits on screen time.

Excessive screen time is linked to increased symptoms of anxiety, depression, and other mental health problems in children. A study published in the Journal of Adolescent Health found that teenagers who spent more than three hours per day on screens were more likely to experience symptoms of depression and anxiety (Twenge et al., 2018). Excessive screen time can lead to social isolation, decreased attention span, and increased exposure to cyberbullying and other online risks. Some argue that technology can provide benefits for mental health, such as access to online therapy and support groups. While technology can provide some benefits for mental health, excessive screen time is still a significant risk factor for mental health problems. A review of 40 studies on screen time and mental health found that excessive screen time was consistently linked to increased symptoms of anxiety, depression, and other mental health problems (Carter et al., 2016). Parents should be aware of the potential negative effects of excessive screen time on mental health and take steps to set limits and promote healthy screen use habits. As we will discuss in the next paragraph, setting restrictions on screen time is essential for promoting healthy screen use habits.

#3 Setting restrictions on screen time is essential for promoting healthy screen use habits and mitigating the negative effects of excessive screen time. ~~A study published in~~ [Research from] the Journal of Pediatrics found that parents who set limits on screen time had children who spent less time on screens and had better physical and mental health outcomes. Setting restrictions on screen time helps children develop healthy screen use habits, such as taking breaks from screens and engaging in physical activity. Some argue that setting restrictions on screen time is overly restrictive and can lead to negative effects, such as increased stress and anxiety. Setting restrictions on screen time is not about being overly restrictive, but about promoting healthy screen use habits and mitigating the negative effects of excessive screen time. A review of 20 studies on screen time restrictions found that setting limits on screen time was consistently linked to improved physical and mental health outcomes in children. Parents should set limits on screen time, encourage physical activity, and promote healthy screen use habits to help children develop a positive relationship with technology. By setting restrictions on screen time and promoting healthy screen use habits, parents can help children reap the benefits of technology while minimiz[s]ing its negative effects.

In conclusion, the debate surrounding screen time and technology use among children highlights the need for a balanced approach. While technology offers numerous benefits, excessive screen time poses significant risks to physical and mental health. By acknowledging these risks and taking proactive steps to set limits, promote healthy screen use habits, and encourage physical activity, parents and caregivers can help children harness the benefits of technology while minimiz[s]ing its negative effects. Ultimately, a thoughtful and informed approach to screen time

and technology use is essential for promoting healthy childhood development and laying the foundation for a lifelong positive relationship with technology.

□ WRITING PIECE 2 - FEEDBACK

Section 1:

#1 (First paragraph): Strengths:

- Strong opening that immediately highlights the urgency of plastic pollution
- Effective use of vivid imagery to describe ocean pollution's impact

Weaknesses: Limited counterarguments → Your writing introduces the problem well but doesn't address possible opposing views early on. The phrase "plastic pollution is not just an environmental issue" could be strengthened by acknowledging different perspectives about plastic usage.

Exemplar: *While plastic has revolutionised modern life through its convenience and affordability, its devastating impact on our environment cannot be ignored.*

#2 (Second paragraph): Strengths:

- Powerful emotional appeal through specific examples of affected marine life
- Clear cause-and-effect relationship between plastic waste and marine deaths

Weaknesses: Emotional oversaturation → Your writing relies heavily on emotional appeals without balanced reasoning. Phrases like "heart-wrenching" and "silent death" could be balanced with more practical implications.

Exemplar: *Marine creatures suffer devastating consequences from plastic pollution, which not only threatens their survival but also disrupts the delicate balance of ocean ecosystems.*

#3 (Fourth paragraph): Strengths:

- Good introduction of solutions through bioplastics
- Balanced discussion of alternatives

Weaknesses: Underdeveloped solutions → Your writing mentions bioplastics but doesn't fully explore practical implementation. The phrase "bioplastics are not a perfect fix" needs more detailed discussion of specific steps forward.

Exemplar: *While bioplastics offer a promising alternative, we must develop better composting facilities and sustainable production methods to make them a viable solution.*

■ Your persuasive piece shows passion for environmental protection, but could benefit from more balanced arguments. The opening grabs attention well, yet you could strengthen your position by addressing counterarguments earlier. Also, the middle section would be more convincing with

concrete examples of successful plastic reduction initiatives. Additionally, your conclusion could outline specific actions readers can take. The fifth paragraph needs better organisation of ideas about individual actions. Moreover, you could improve the flow between paragraphs about solutions and individual responsibility. Your piece would be stronger if you connected the environmental impact more directly to readers' daily lives.

Score: 42/50

Section 2:

The Environment: Should Plastic Be Banned?

#1 Plastic pollution is not just an environmental issue—it's a global crisis that is suffocating our planet. Every year, millions of tonnes of plastic waste are carelessly discarded into the oceans, rivers, and landfills. The results of this negligence are catastrophic, affecting everything from marine life to human health. The oceans, once teeming with vibrant life, are now overwhelmed with plastic, choking the very creatures that call it home. Marine animals, from the tiniest plankton to majestic whales, are dying because of the plastic we refuse to manage. As plastic piles up, it does not just pollute the environment—it contaminates our food chain, poisons ecosystems, and contributes to the ever-growing threat of climate change. ~~The World Economic Forum has painted a terrifying picture of the future: by 2050, there could be more plastic in the ocean than fish.~~ [The World Economic Forum presents an alarming forecast: by 2050, plastic content in our oceans might exceed the fish population.] This grim prediction is a wake-up call—a moment to reflect on how far we've gone in polluting the Earth, and how urgently we must act to save what remains.

#2 Every piece of plastic we toss away contributes to the slow, silent death of marine life. More than 100,000 marine creatures—fish, dolphins, turtles, and seabirds—lose their lives every year because of plastic waste. These animals do not deserve to die in agony because of our carelessness. They mistake plastic for food, swallowing it and slowly suffocating as it clogs their digestive systems. Plastic bags that float like jellyfish in the ocean are eaten by sea turtles who mistake them for their favourite meal. Whales, the gentle giants of the sea, are found with their stomachs full of plastic, their bodies slowly decaying under the burden of what we've left behind. The thought of these majestic creatures, whose existence once ~~symbolized~~ [symbolised] the beauty and power of nature, now fighting for survival against our waste, is heart-wrenching. But it's not just the visible destruction that matters—it's the unseen horrors. Microplastics, tiny fragments of plastic that break down into the water, invade the bodies of even the smallest organisms, contaminating the entire food chain. These particles accumulate in the fish we

consume, entering our bodies and putting our own health at risk. We are poisoning ourselves. Our shortsightedness in using plastic has set off a chain reaction of destruction, and it is our responsibility to undo the harm we've caused. Some people argue that plastic is simply too convenient to ban. But the truth is, the convenience of plastic comes at an unimaginable cost. Plastic is cheap, yes, but the long-term consequences—environmental devastation, loss of biodiversity, and harm to our health—are far too expensive. We must think beyond convenience and ~~recognize~~ [recognise] that the price of inaction will be a future where oceans are devoid of life, and our planet is irreversibly damaged.

□ WRITING PIECE 3

Section 1:

#1 (First paragraph): Strengths:

- Strong opening that introduces the main topic clearly
- Effective use of rhetorical questions to engage readers

Weakness: Underdeveloped argument introduction → Your opening paragraph introduces the topic but doesn't clearly state your position on home learning. The sentence "The truth is, for many, learning at home is not just an alternative; it is a way to thrive" could be more convincing if you had built up to this claim with specific reasons.

Exemplar: ***Learning at home offers unique advantages that traditional schooling cannot match: personalised attention, flexible schedules, and a comfortable environment that helps students reach their full potential.***

#2 (Third paragraph): Strengths:

- Good use of emotional appeal about student wellbeing
- Clear examples of home learning benefits

Weakness: Repetitive ideas → Your paragraph repeats similar points about emotional safety and personal attention without developing them further. For instance, you mention "emotional and mental toll" and then discuss "self-esteem" without providing fresh insights or examples.

Exemplar: ***Students who learn at home can focus entirely on their studies without worrying about peer pressure, allowing them to develop confidence in their own abilities whilst receiving one-on-one support from their instructors.***

#3 (Last paragraph): Strengths:

- Strong concluding statement
- Good connection to broader implications

Weakness: Vague conclusion → Your final paragraph makes broad claims without tying them directly to your main arguments. The phrase "endless possibilities" doesn't clearly connect to your earlier points about flexibility and emotional support.

Exemplar: ***Home learning empowers students to take control of their education, creating confident learners who can adapt to any challenge whilst maintaining their love for learning.***

■ Your persuasive piece shows promise but needs more specific examples to strengthen your arguments. You could improve the second paragraph by adding real-life situations where learning at your own pace helped students succeed. Also, the fourth paragraph about flexibility could benefit from concrete examples of how students can combine learning with real-world experiences. Additionally, try to make stronger connections between your paragraphs using transition sentences. Your piece would be more convincing if you addressed potential concerns about home learning and explained how these can be overcome. Consider revising the introduction to clearly outline your main points. Your conclusion could be stronger if you brought together your key arguments about pace, emotional support, and flexibility in a more focused way.

Score: 42/50

Section 2:

Education & Learning: Is It Better to Learn at School or at Home?

#1 Education is the foundation of our future, shaping who we are and who we will become. With the growing demands of modern life, the question arises: is it better to learn at school, surrounded by classmates and teachers, or is learning at home the way forward? ~~While school has long been considered the standard for education, the flexibility and personal empowerment that comes with learning at home offer undeniable advantages that can provide a richer and more fulfilling experience for many students.~~ [Whilst traditional schooling has long been the standard, learning at home offers unique advantages that provide students with a richer and more fulfilling educational experience.] The truth is, for many, learning at home is not just an alternative; it is a way to thrive.

One of the most compelling reasons to learn at home is the ability to learn at your own pace. In a traditional classroom, students are often required to keep up with a fixed curriculum, which can leave some students behind or force others to move too quickly. At home, students are free from this pressure. They can spend more time on topics they find difficult, ensuring they master concepts without feeling rushed or overwhelmed. On the other hand, students who grasp material quickly can move ahead without waiting for the rest of the class, keeping their enthusiasm and momentum intact. Learning at home empowers students to take control of their education. The ability to design your own learning schedule, to dive into topics of interest, and to skip over what isn't relevant fosters a sense of independence and self-motivation that is rarely found in traditional schooling. This freedom ignites a love of learning that is based on curiosity and passion, rather than the rigid structure of exams and deadlines. For many, this environment of autonomy breeds a

deeper understanding of subjects and encourages lifelong learning habits that carry far beyond the classroom.

#2 Home provides a safe, familiar, and comforting space for students to learn. For children who face bullying, social anxiety, or other challenges in a traditional school environment, home offers an escape from the stress and emotional turmoil of social pressures. ~~The emotional and mental toll that school can take on some students is often overlooked, but it is real.~~ [Many overlook the significant emotional and mental impact that traditional schooling can have on students.] The constant comparison to peers, the pressure to fit in, and the fear of failure can negatively impact self-esteem and academic performance. At home, these pressures dissipate, allowing students to focus on their studies without fear or distraction. Additionally, homeschooling or learning at home allows for more ~~individualized~~ [individualised] attention and support. Parents, tutors, or online educators can provide the one-on-one guidance that many students desperately need. This ~~personalized~~ [personalised] approach can help students build stronger relationships with their educators and receive the support they need to flourish. In turn, this closer relationship fosters a deeper sense of trust, confidence, and self-worth, which can be life-changing for children who struggle in the typical classroom environment.

Flexibility is one of the most powerful benefits of learning at home. The rigid structure of traditional schooling often stifles creativity and innovation. Students are told when to eat, when to take a break, and when to focus. At home, however, learning becomes more fluid. Students can take breaks when needed, step outside for a walk to clear their minds, and even combine learning with real-world experiences, such as field trips or hands-on projects. This ability to adapt learning to suit individual needs fosters a more holistic approach to education that considers the emotional, social, and physical well-being of the student. Moreover, learning at home allows for a deeper connection with family. Parents can actively participate in their child's education, ensuring that they are not only academically supported but emotionally nurtured. This connection strengthens family bonds and allows for a more nurturing, well-rounded approach to learning.

#3 ~~The future of education lies in recognizing the power of learning at home.~~ [The future of education depends on embracing the power of home learning.] The rise of online courses, digital resources, and the ability to connect with global educators shows that learning no longer needs to be confined to a physical classroom. With the right tools and a supportive environment, learning at home can be just as effective—if not more so—than traditional schooling. It allows students to thrive in a space where they feel safe, supported, and empowered to pursue their passions. The traditional school system has long been the backbone of education, but it is not the only way to learn. Learning at home offers unparalleled flexibility, freedom, and emotional support that many students need to succeed. By creating an environment where students can learn at their own pace, free from social pressures and rigid schedules, we empower them to become self-directed, confident, and lifelong learners. Home is not just a place of rest; it can be a place of growth,

discovery, and endless possibilities. Now, more than ever, we must embrace the power of home learning and recognize [recognise] it as the future of education.

□ WRITING PIECE 4

Section 1:

#1 (First paragraph): Strengths:

- Strong opening that sets the context and introduces key themes
- Clear thesis statement outlining the main arguments

Weaknesses: Lack of engaging hook → Your opening starts with a general statement that doesn't grab the reader's attention immediately. The phrase "In today's world" is quite common and doesn't spark curiosity or emotional connection.

Bold opening: "Picture a world where every meal you choose could save lives, protect our planet, and improve your health—this is not a fantasy, but the power of embracing a plant-based diet."

#2 (Second paragraph): Strengths:

- Well-organised presentation of health benefits
- Good use of specific examples of diseases and nutrients

Weaknesses: Limited counter-argument development → Your paragraph briefly mentions B12 and omega-3 concerns but doesn't fully address them. The phrase "While it's true" quickly dismisses potential concerns without proper discussion.

Rather than just stating "While it's true," try: "Though some worry about getting enough B12 and omega-3 fatty acids on a plant-based diet, countless people thrive by choosing fortified foods and carefully planned meals."

#3 (Fourth paragraph): Strengths:

- Strong emotional appeal about animal welfare
- Detailed descriptions of factory farming conditions

Weaknesses: Overly emotional tone → Your writing becomes too passionate when discussing animal cruelty, using phrases like "almost unimaginable" and "we cannot continue to justify." This might make readers feel judged rather than persuaded.

Instead of "suffering is almost unimaginable," try: "These conditions cause significant distress to animals, raising important questions about our food choices."

■ Your persuasive piece shows good effort in covering important aspects of plant-based diets. You've organised your ideas into clear sections about health, environment, and ethics. However,

you could make your writing more convincing by adding real-life examples that readers can relate to. For instance, in your health section, you might include a short story about someone who improved their health by changing their diet. Also, when talking about the environment, you could describe specific places affected by farming. Your ethical arguments would be stronger if you balanced emotional appeals with practical solutions. Try adding more "what you can do" suggestions in each section. Additionally, your transitions between paragraphs could be smoother - try linking your ideas more clearly. Your conclusion could be stronger by adding a clear call to action that tells readers exactly what steps they can take.

Score: 43/50

Section 2:

Should People Stop Eating Meat? A Case for a Plant-Based Diet

#1 ~~In today's world, where~~ [At a time when] health, environmental sustainability, and ethical considerations are all at the forefront of global conversations, it's time to reconsider our relationship with meat. While eating meat has been ingrained in many cultures for centuries, the evidence is becoming undeniable: we must shift towards plant-based diets for the well-being of ourselves, our planet, and the animals we share it with.

#2 First and foremost, a plant-based diet is better for your health. Scientific studies have consistently shown that reducing meat intake, especially red and processed meats, can dramatically lower the risk of heart disease, stroke, type 2 diabetes, and certain cancers. Plant-based foods are packed with fibre, antioxidants, and essential nutrients that support overall health, reduce inflammation, and promote better digestion. By eating more vegetables, fruits, whole grains, and legumes, we can nourish our bodies with the nutrients they need while reducing our intake of unhealthy fats and cholesterol. ~~While it's true that~~ [Although] some nutrients like vitamin B12 and omega-3 fatty acids need to be carefully sourced from plant-based alternatives or supplements, the health benefits of eating fewer animal products are overwhelming. A plant-based diet isn't just a trendy choice; it's a proven way to enhance longevity and quality of life.

But the benefits don't stop at our personal health. The environmental impact of meat consumption is enormous, and continuing to eat meat at current levels is unsustainable. Meat production is responsible for a significant share of greenhouse gas emissions, contributing to climate change. Livestock farming, particularly cattle, releases methane—a potent greenhouse gas—and contributes to the deforestation of vital ecosystems. Moreover, meat production consumes an

immense amount of resources: water, land, and food. It takes thousands of litres of water to produce just one kilogram of beef. By switching to a plant-based diet, we can reduce water consumption, conserve natural resources, and decrease the strain on land used for animal agriculture. The environmental toll of factory farming is vast, and the most impactful change we can make is to reduce our reliance on animal products. Every meal is an opportunity to vote for a greener, more sustainable world.

#3 Ethically, the argument is even clearer. Factory farming, where most of our meat comes from, is notorious for its inhumane treatment of animals. These animals are often subjected to overcrowded, filthy conditions where they suffer pain, fear, and stress throughout their lives. Many are confined to cages too small to move freely, and ~~their suffering is almost unimaginable~~ [they endure significant distress]. In the modern world, where alternatives to animal products are more accessible than ever, ~~we cannot continue to justify this cruelty~~ [we have the opportunity to choose more humane alternatives]. Animals are sentient beings that can experience pain, stress, and fear, just like us. It's time to recognize that we have a moral obligation to protect them. By choosing plant-based foods, we align our actions with compassion and respect for life. No longer should we turn a blind eye to the suffering that is caused when animals are raised and slaughtered for food. Every meal is an opportunity to choose kindness over cruelty.

The need for change is urgent. While some may argue that eating meat is a natural part of the human diet, it is no longer necessary for survival or good health. We now have a plethora of plant-based options that provide all the nutrients we need without the detrimental effects on our health, the environment, or animal welfare. By embracing a plant-based diet, we can reduce our carbon footprint, protect our planet, and ensure that future generations inherit a world where animals are treated with dignity and respect. It's time to take responsibility for the choices we make every day. The transition to a plant-based diet may not be easy for everyone, but it is a powerful step toward creating a healthier, more sustainable, and more compassionate world. The future is in our hands—let's choose wisely.

□ WRITING PIECE 5

Section 1:

#1 (First paragraph): Strengths:

- Vivid sensory details create an engaging opening scene
- Strong emotional appeal through descriptive storytelling

Weakness: Narrative focus → Your opening scene, while engaging, takes too long to establish the main argument about participation trophies. Phrases like "The sun shines brightly, casting long shadows" and "The sound of laughter and shouts fills the air" are lovely but delay introducing your central point.

Exemplar: ***"Picture a child on the football field, giving their all despite not being the star player - this exemplifies why participation trophies matter in youth sports."***

#2 (Third paragraph): Strengths:

- Clear topic sentence introduces the self-esteem argument
- Good connection between trophies and motivation

Weakness: Idea repetition → Your points about self-esteem and confidence overlap throughout the paragraph. Phrases like "receiving a trophy can provide an essential confidence boost" and "their hard work is noticed and appreciated" express the same idea without developing it further.

Exemplar: ***"Beyond boosting confidence, participation trophies teach children that improvement itself is worthy of celebration, helping them develop a growth mindset that serves them well beyond sports."***

#3 (Last paragraph): Strengths:

- Strong conclusion that ties main points together
- Effective use of emotional appeal

Weakness: Circular reasoning → Your conclusion restates ideas without strengthening them. The phrase "creating an environment where every participant feels valued" merely echoes earlier points without providing a compelling final argument.

Exemplar: ***"When we recognise effort alongside achievement, we nurture not just better athletes, but more resilient, collaborative, and motivated young people."***

■ Your persuasive piece shows promise in its passionate defence of participation trophies. To improve its impact, you could focus more on specific examples of how these trophies have

positively affected children's development. Your second paragraph would benefit from concrete situations showing inclusivity in action. Additionally, the fourth paragraph needs stronger links between continued engagement and long-term benefits. You might consider adding examples of how recognition leads to specific improvements in children's attitudes towards sports. Also, your transitions between paragraphs could be smoother to help readers follow your argument more easily. Your piece would be more convincing if you showed the real impact of participation trophies through specific scenarios rather than general statements.

Score: 44/50

Section 2:

Sports & Competition: Should Everyone Get a Trophy?

#1 ~~Imagine a young child running down the soccer field~~ [Picture a young child running down the football pitch], eyes wide with excitement as they dribble the ball toward the goal. Their small feet push the ball with eager determination, but their movements aren't perfect. They may not be the fastest player or the one with the most goals, but they're giving it their all, learning with every step. The sun shines brightly, casting long shadows on the field as their teammates cheer them on, offering encouragement, support, and smiles that make the child feel like a true part of the team. The sound of laughter and shouts fills the air, and the child, in that moment, knows they are not alone. At the end of the game, regardless of the score, every player receives a trophy. Each child's eyes light up as they hold their trophy with pride, knowing that their effort has been recognised. Their hard work has been acknowledged, and they now understand that they are part of something bigger than themselves, something that values participation just as much as achievement.

This is the power of participation trophies, and it's an essential practice that we should wholeheartedly embrace in sports and competitions. Rather than undermining achievement, giving everyone a trophy fosters inclusivity, builds self-esteem, and motivates kids to continue participating, learning, and growing. It's a practice that celebrates not only the outcome but also the process—the effort, the teamwork, and the resilience each child demonstrates as they play.

#2 First and foremost, giving everyone a trophy ensures that every participant feels included, regardless of their skill level or performance. Sports should be a space where individuals come together to experience camaraderie, teamwork, and personal growth. Trophies are a way to reinforce this message—celebrating the contributions of each player, no matter how small. By awarding trophies to all players, we prevent children from feeling excluded or discouraged, particularly those who might be less experienced or who struggle to perform at a high level. This

approach sends a powerful and inclusive message: everyone is valuable, and their participation matters. It's not just about the most skilled players or the team that wins—every child deserves recognition for showing up, learning, and working as part of a team. This inclusivity helps kids bond with their teammates, build lasting friendships, and develop a deeper understanding of what success truly means. It's not just about winning; it's about showing up, giving your best effort, and having fun along the way. When children experience this kind of inclusive environment, they learn to appreciate the journey, not just the destination.

Furthermore, participation trophies play a crucial role in building self-esteem and confidence. In youth sports, the primary goal should be to encourage growth, personal development, and a love of the game. It's essential to emphasise the importance of learning, rather than focusing solely on competition. A trophy is a tangible symbol that acknowledges the effort a child has put into their training, commitment, and involvement, even if they didn't win. For many children, especially those new to a sport, receiving a trophy can provide an essential confidence boost. It serves as a reminder that their hard work is noticed and appreciated, which can be a powerful motivator to continue practising and improving. Without this recognition, kids might feel discouraged by the competition, leading them to quit prematurely, missing out on the opportunity to develop their skills and love for sports. Participation trophies remind them that their effort, dedication, and perseverance are just as valuable as the victory itself. Rather than reinforcing feelings of failure, participation trophies celebrate the effort, which helps build resilience and fosters a positive mindset for future challenges.

Lastly, participation trophies help foster continued engagement in sports and other activities. When children are rewarded for participating, they are more likely to stay involved, keep learning, and enjoy the process along the way. Kids need to understand that competition isn't just about winning, but about growth, perseverance, and developing lifelong skills. If the emphasis is solely on winning, children who don't achieve top rankings might feel that their efforts are unimportant or insignificant. Trophies for all participants ensure that every player, regardless of their skill level, feels acknowledged and motivated to keep improving. This positive reinforcement encourages kids to return to the field or court, fostering a love of the game and reinforcing the importance of teamwork. It reminds them that sports are about personal growth, fun, and the connections they make, just as much as they are about performance. When children feel appreciated and valued, they are more likely to return to the activity, which, in turn, helps them develop both their skills and their passion. This cycle of recognition and reinforcement is crucial for their development and continued involvement in sports.

#3 In conclusion, giving everyone a trophy is more than just a feel-good gesture—it's a powerful tool for promoting inclusivity, building self-esteem, and encouraging continued participation in sports and other activities. It shows children that their efforts are appreciated, regardless of the outcome. By adopting this practice, we create an environment where every participant feels valued and motivated to keep pushing themselves. Trophies should be a reminder that success is

about effort, growth, and perseverance, not just about winning. When all children are recognised for their contributions, they learn that the journey, the growth they experience, and the friendships they make are just as important as the final score. This approach to recognition helps kids build confidence, foster a sense of belonging, and develop a lifelong love of sports—one that's driven not by the scoreboard, but by the joy of the game itself.