



**BUILD STRONGER BRAIN, DEVELOP FUTURE-READY SOFT SKILLS
THROUGH PLAY, CREATIVITY, AND SENSORY EXPLORATION**

What is Brain Up Club?

Brain Up Club turns children's love for games and creativity into powerful off-screen learning! Through **hands-on play** and **sensory exploration**, children design their own unplugged games and calming fidget gadgets — while developing focus, problem-solving, and emotional regulation. It's a fun and engaging way to **build stronger brains** and **future-ready skills**.

Program Journey

The Brain Up Club runs in **two creative modules**, ending with a joyful showcase!

Module 1

Game Makers Unplugged

Week 1-5

Children explore what makes games fun — **goals, teamwork, creativity, focus, and movement**. Each week, they **design a mini board or active game**.

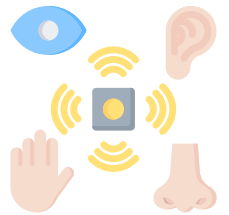


Module 2

Soothing Gadgets Designers

Week 6-10

Children **explore the science of calm through senses**: sound, color, texture, and movement. They create **soothing gadgets and personal calmness journals**.



Final

Brain Up Showcase

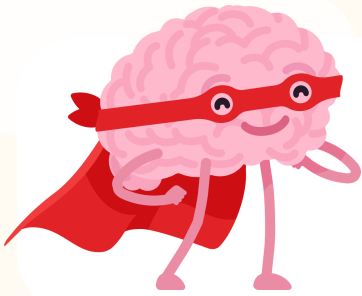
Week 11

A joyful celebration where children **share their game and soothing creations** with parents and teachers!

Format	1 hour/week · 10–11 sessions
Age	Reception – Y2
Venue	School classroom
Group Size	5–20 students (1:15 facilitator ratio)
Facilitators	Trained by Clinical Psychologist



How Children Grow



- **Reduce screen time** and enjoy more real-life play
- **Improve concentration** and critical thinking
- Builds creativity and resilience for **future learning**
- **Promotes mindfulness and emotional balance**

Play smarter. Think deeper. Grow stronger
- with Brain Up

Our Team

Jacqueline Tsz Hin Law, HCPC-Registered Clinical Psychologist

16+ years supporting neurodivergent children and families. Expert in mindfulness, play therapy, emotion regulation, and family systems approaches.

Advisors & Collaborators:

Robolabx Collaboration Team

