

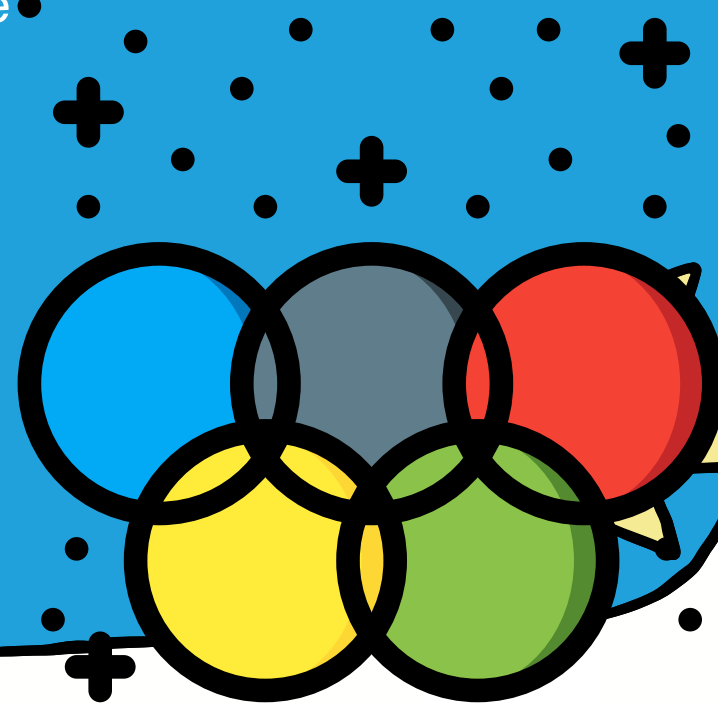
DID YOU KNOW?

It's easy to overlook the power of sports—but every game, every race, and every effort reflects dedication, discipline, and the spirit of excellence. On International Olympic Day, we are reminded of the importance of sports in building strength, resilience, and unity across the world.

Why is participation in sports important for overall development?
How do values like teamwork, perseverance, and fair play shape our lives?
How can each one of us stay active and embrace the spirit of sportsmanship in our daily routine?

Let's pause, reflect, and take a step towards a more active and inspired life—because every effort counts and every goal begins with a single step.

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