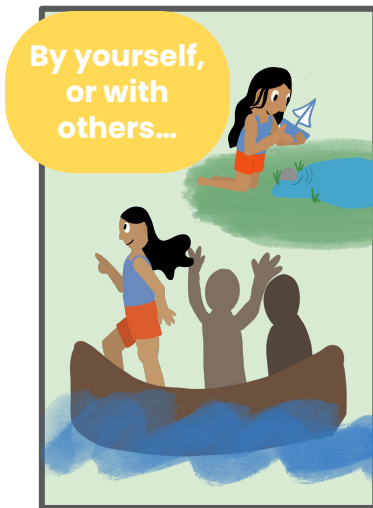


play can be...



No matter how **you**
and **your child** play,



Play is how people of all ages **learn** and **grow**.

Adults benefit from **play**, too.

Play as an adult might look like



Working on a skill, finding a hobby, or enjoying a game,

and when you play with your child, you **double** the benefits of play!



play is...

How we **learn**.

Following your **curiosity**

Thinking creatively

Practicing skills

Discovering more about **yourself, others, and the world around you**



Working with others on **shared** goals

Respecting yourself and others

Making memories with family and friends

Appreciating the world around you



How we **connect** with others.

How we find **joy**.

Taking pleasure in play, just because it's **fun!**

Using your imagination

Following where new experiences might lead



How we build **confidence**.

Making choices

Staying with an activity

Trying **new** things and taking **risks**

Growing and trusting your abilities

