

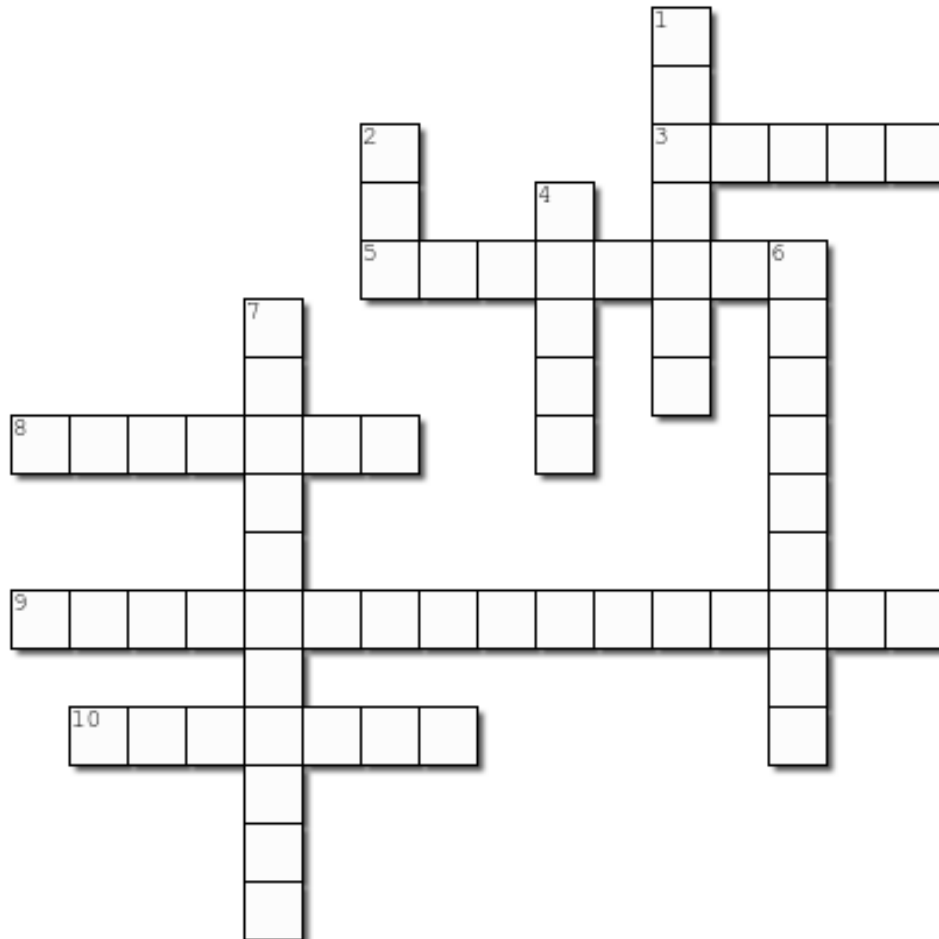
Play Every Day

Using purposeful play to manage our stress response and emotions.

"I like to define play as a mindset that embraces curiosity, exploration, and learning through trial and error."

-Dr. Shimi Kang

Complete the crossword puzzle below



Across

3. To change something.
5. Thinking of new ways to do something.
8. To work through a challenge: _____ solve.
9. Staying 2 meters apart
10. How your body feels when you are calm.

Down

1. Having fun.
2. The creative part of your brain: short for prefrontal cortex
4. You do this when you hear something funny.
6. Discovering things about something new.
7. A warning from our stress response when there is no danger.



Extension Activity for your Family: Time for Family Fun Night

1. Find an evening when everyone is home. Choose a fun activity to do together.
2. Turn off your devices and get creative with how you play.