

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

1. Draw your favourite way to play.



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.