

"Play is the work of childhood."

Jean Piaget

## ● Builds Better Brains

The benefits of play impact the very functioning of our brains. Specifically, play supports our executive functioning (how we learn). When we learn, we are utilizing our working memory, self-control, and the adaptability of our thinking.

When we play, we are developing greater creativity and problem solving skills and the ability to focus longer, communicate better, and remember more. Children who actively play everyday are building better brains!

## ● Stretches Emotional IQ

Play can improve emotional intelligence, too! Playing with others requires give and take. We must consider the feelings of our playmates or they won't keep playing with us! Through play, we learn how to get along with others.

We also learn to process our own emotions. We reenact an experience as a way of leaning into our feelings and sorting them out. We learn what risks we like and don't like, and we have to regulate our emotions while figuring it all out. Through play, children stretch and strengthen their emotional intelligence muscles!

## Pediatricians are encouraged to "prescribe play"

to kids by the American Academy of Pediatrics. Play is so important to child development that it has also been recognized by the United Nations High Commission for Human Rights as a *right of every child*.

## Curious? Learn More:

✉ [info@cmmv.org](mailto:info@cmmv.org)

☎ +208-536-3455

📍 P.O. Box 2139  
Twin Falls, ID 83303

🌐 [www.cmmv.org/power-of-play/](http://www.cmmv.org/power-of-play/)



# Prescription for Play

The Power of Play on  
Mental Health



[www.cmmv.org](http://www.cmmv.org)

# Children play half as much

outdoors as their  
parents did!

**"Think outside,  
no box required"**

-Unknown

## An Antidote for Stress

Playtime even helps lower stress! Research has shown that when we play, we have less of the stress hormone cortisol. The joy we experience while playing helps regulate the body's responses. This is even the case for long-term exposure to stress. Play also promotes agency and a sense of control, which have big roles in reducing stress. When children play, they are getting an antidote for stress!



## play also creates

### Strong Relationships

through shared mutual joy.  
Embrace those fun moments!

### Thriving Brains

through developed imagination.  
Let their minds run wild!

### Active Bodies

through playful exercise. Put all  
that energy to good use!



## Brings Joy

Let's not forget that we *love* to play! When asked, children say they are happiest when playing with friends. In a world where much of our day is dictated to us, play is self-directed and self-chosen. Play builds friendships, self-confidence, curiosity and so much more. Children experience joy when they are *playing*.

