

Play for Adults

@olympiaplaytx

Benefits of play

Decreases parental stress
Decrease behavioral issues
Decreases burnout in work
Increases positive energy/emotions
Increases productivity
Increases positive brain chemicals
Increase cooperation
Increases positive interactions with child
Increases mindfulness
Improves role modeling
Takes the pressure off of "educating"
your child
When you connect in their world they will
want to connect in your world.

Adding more play into your life

jump in a puddle
balance on a curb
jump rope
follow a line like a maze
swing on a swing
hang upside-down
stack blocks/play with legos
walk/run the dog
go to a new park
join a club sport
try a recreational class
draw/paint
book an art class with your friend
play a quick board game
play a card game with a friend