

# PLAY

*Did you know that all humans are calmer, more emotive, more connected to one another, more open to life and all it has to offer when we play? Sometimes, play is not happy but it can be a place where emotions get to be played out and we can use our imagination to create a new reality. Play is not only for children, it isn't something that is a treat when we have finished our work – it should be a mandatory action for every day. It is a way to say thank you to the One who created you to PLAY! Play with the stuff in your packet, play with building blocks, build a sandcastle or a nature mandala, play ball with your dog, draw a picture, write a story, a song, or a movie script, create a miniature world, just play for the sake of play (for goodness' sake!)*

