

Be happy through play

The benefits of play include creativity, release of tension and stress, and relaxation.

- Plan active play time with your children outdoors. Play in the leaves.
- Enjoy board games or card games with your children or friends.
- Wear a costume on Halloween – or any day, just for the fun of it.
- Playing games like chess and playing a musical instrument challenge the brain and can help prevent memory problems, as well as improve brain function.

