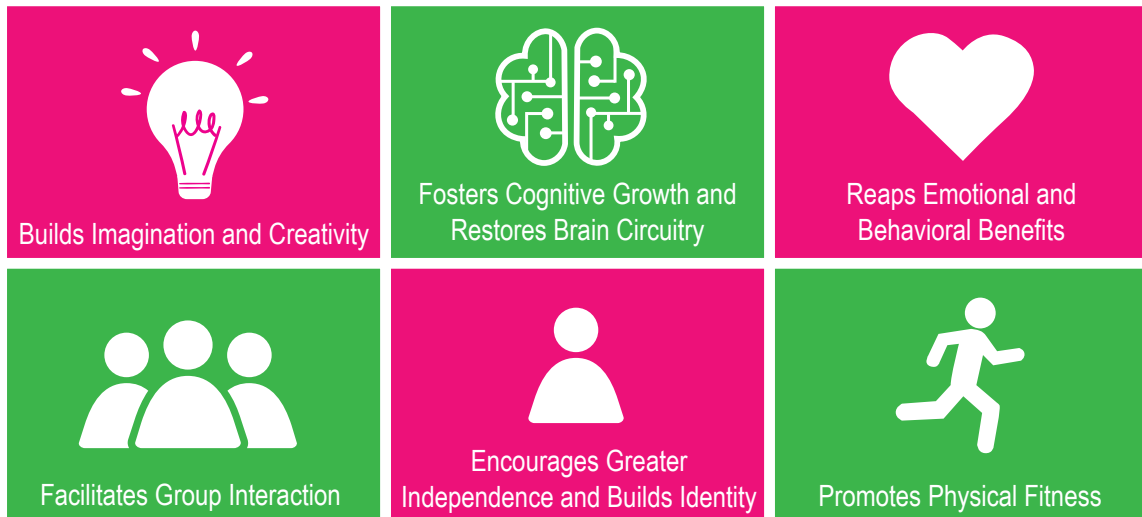


# Play Builds Brains!

## Six Benefits of Play



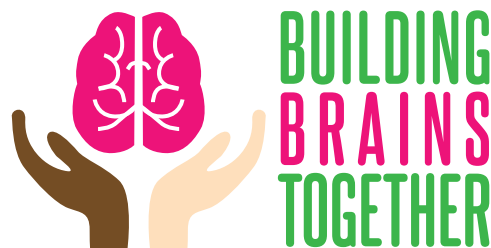
### Types of Play:

- 1 Body (Motor/Physical)
- 2 Social
- 3 Object (Constructive)
- 4 Imaginative (Fantasy)
- 5 Games with Rules

### Play can also increase the components of executive function:

- 1 Grow working memory and ability to remember instructions
- 2 Emotional control and thinking before acting
- 3 Cognitive Flexibility

Knowing the brain-building benefits of play, how will you play today?



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