



## THE BENEFITS OF ADULT PLAY:

- ✓ Stimulates imagination
- ✓ Increases creativity
- ✓ Enhances productivity
- ✓ Improves brain function
- ✓ Boosts overall well-being, physical health, and life satisfaction
- ✓ Provides a relaxation effect that counteracts stressors
- ✓ Develops and improves social skills
- ✓ Raises your energy levels and vitality
- ✓ Adds joy to life