

LET'S PLAY!!

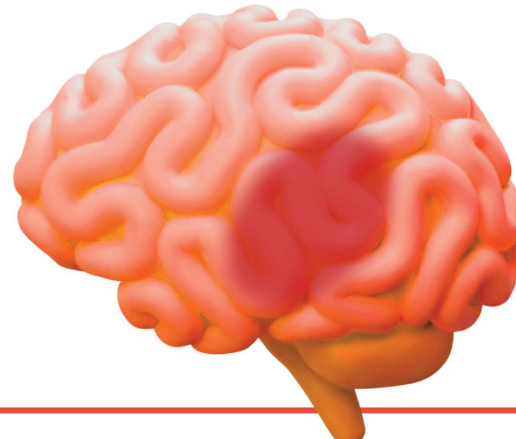


play builds brains



sensory system

Play engages multiple senses, forming neural networks that become the foundation for all future learning.



spatial processing

Play activates the hippocampus, where the brain maps our surroundings.



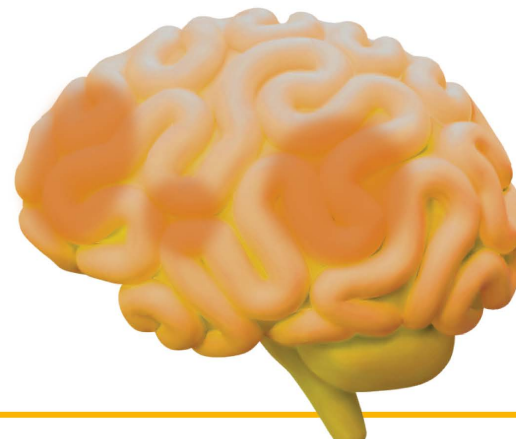
social connections

Play activates the brain's mirror neuron system, fostering empathy and social navigation skills.



problem solving

Play engages the prefrontal cortex, encouraging critical thinking and flexible problem solving.



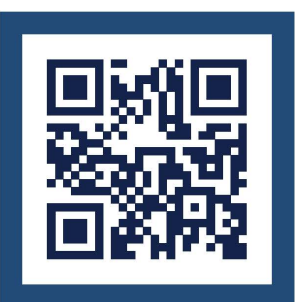
creativity

Play engages multiple brain areas to allow children to come up with new ideas and ways to express themselves.



resilience

Play builds sturdy brain architecture, supporting lifelong health and the ability to overcome challenges.



Learn more at
ctoec.org/play

Harding, J. (2023). The Brain that Loves to Play: A Visual Guide to Child Development, Play, and Brain Growth (1st ed.). Routledge.
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