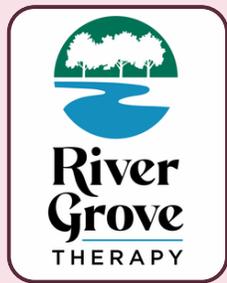




The Power of Play

February 2026



Play is more than fun for children. It supports emotional expression, stress relief, and connection at every age.

Play therapy shows how creativity and imagination can help people process feelings, build regulation skills, and experience joy without pressure.



Try one playful activity this month:

- Draw, color, or create something just for fun
- Do a puzzle, game, or hands-on activity
- Move your body in a playful way (stretching, dancing, or walking)
- Spend 10 minutes doing something with no goal other than enjoyment



There is no right or wrong way to play!

In honor of **Black History Month**, we recognize the contributions of Black psychologists such as **Mamie Phipps Clark** and **Frances Cress Welsing**, whose work highlighted the importance of understanding identity and the psychological impact of systemic inequality.



Did you know?

Research shows that play-based activities can support emotional regulation, reduce stress, and improve overall well-being across the lifespan.

