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# PLAY



## Welcome to the **Family's Play-based Well-being Membership!**

Hi there! Welcome to the Family's Play-based Well-being Membership. You're about to join a super fun journey that's going to make you feel awesome—both inside and out! Here, we're going to show you why this membership is not only fun but also really good for your mental and physical health. Ready to play? Let's go!



### What Can You Expect?

- **Quick & Easy - Fun Anytime, Anywhere**  
These games are perfect when you need something fun to do with your family, and you don't need much time or space! Whether you're at home, in the car, or even at the park, these games are super easy to start and will bring lots of laughs.
- **Play Activities - Let's Have Fun!**  
These games are all about having fun and being in the moment. They help you connect with your family and friends by making everyone laugh, share, and play together. The best part? They make you feel happy and connected!
- **Written Activities - Time to Reflect**  
Sometimes we need to think a little deeper. These activities let you reflect on how you feel, what you're thankful for, and how you can make your family even stronger. You'll be amazed at how much fun reflecting can be!
- **Exercise & Movement - Exercise Without Realising It!**  
These games are like exercise, but even better—they're sneaky! You'll be moving your body, getting stronger, and feeling great, all while playing games you love. You won't even realise you're exercising because you'll be having so much fun.
- **Gratitude & Giving - Share and Grow Together**  
These activities are all about looking at the good things in life and sharing them with others. Instead of writing in a journal, these activities make being thankful fun. You'll get to think about what makes you happy and how you can help others, all while having a blast with your family.



## Why is This Membership So Important for Your Mental and Physical Well-being?

Now, you might be wondering: "Why is all this play and reflection so important for me?" Well, let us tell you!

### It Makes You Feel Happy

Playing games with your family helps you feel happy and relaxed. When you laugh, play, and share with others, your brain releases chemicals that help you feel more positive and joyful.

### It Helps You Feel Good About Yourself

When you reflect on what you're grateful for or think about how you can help others, you start to feel really good about yourself. It's amazing how focusing on the good stuff in life can help you stay happy and proud of who you are.

### It Helps You Get Stronger

Through all the fun movement and exercise games, you'll be helping your body stay strong, healthy, and full of energy. When you're active, you feel better, sleep better, and can do even more fun things!

### It Builds Strong Relationships

By playing games that help you connect with others, you'll start building stronger relationships with your family and friends. You'll feel more comfortable sharing your thoughts and feelings, and that makes everything easier!

### It Helps You Stay Calm

Sometimes, life can feel overwhelming, but playing these games helps you stay calm and focused. Whether you're moving your body or thinking about what you're grateful for, these activities teach you how to relax and feel peaceful.



## What Will You Learn and How Will You Grow?

With these activities, you're going to learn a lot of important skills, like:

- **Being Kind:** You'll practice kindness, both towards yourself and others. Giving and sharing are part of the games, and they'll help you feel good while making the world a better place.
- **Staying Positive:** Gratitude activities teach you how to focus on the good things in your life, making you feel thankful and happy.
- **Moving Your Body:** Exercise activities (Sneaky Fitness Busters) keep you moving and help you stay fit and healthy. It's all about having fun while staying active.
- **Being Mindful:** The written activities encourage you to think about how you're feeling, what you like, and how to deal with challenges in a positive way.



## Get Ready to Play and Grow!

So, now you know all about how the **Family's Play-based Well-being Membership** can help you grow, stay healthy, and have lots of fun along the way! All the activities are made to help you become the best version of yourself—full of energy, happy, and connected with those you love. Let's get started with your first activity today and see how amazing play can make you feel!