I'd rather go out!
I'd rather visit a big old castle and talk to a king.
I'd rather play on the beach with all my friends.

I'd rather run up and down collecting sea shells.
Wouldn't it be nice to wander around the city?

We could see all the tall buildings.
I can't see any tall buildings from my window. Can you?
Maybe I'll visit my kitchen.
I could pretend to visit outer space.
I can take my space ship all the way to the city.
Then I think I'll visit the desert to collect some sand.

I can imagine.
I can decide.
I can pretend.
Maybe I'll even go to visit the king.

I'm sure he'd love a ride in my spaceship.
I guess I'll pretend until I can go out again soon.
I'd rather go out.

When we can't do what we want to do we can use our imagination to pretend. We can play out our wishes, our wants, and our desires. And when we do, we might even find that things feel a little bit better.

Mom, grant in fantasy what you can not grant in reality. You'll discover the power of play to stay resilient in times of stress.

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