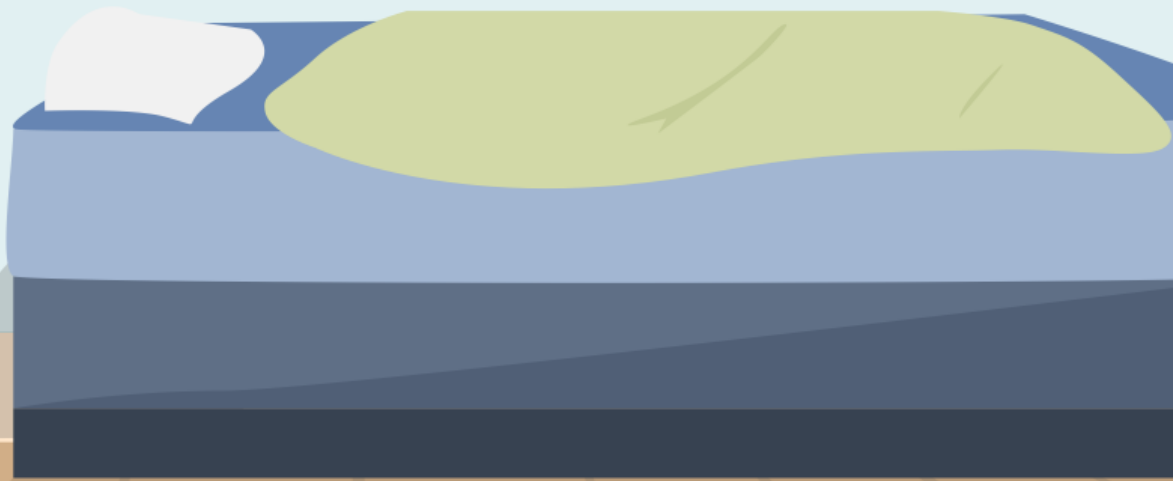


I'd rather go
out!



I'd rather visit a big old
castle and talk to a king.



I'd rather play on the beach with all my friends.

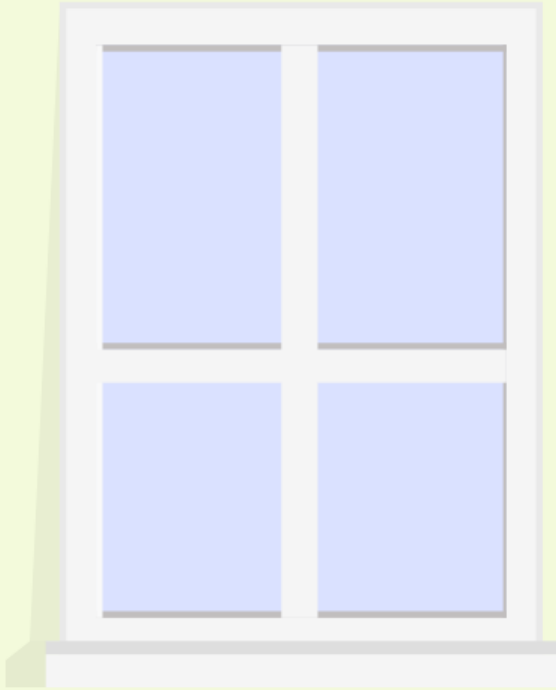
I'd rather run up and down collecting sea shells.





Wouldn't it be nice to wander
around the city?

We could see all
the tall buildings.

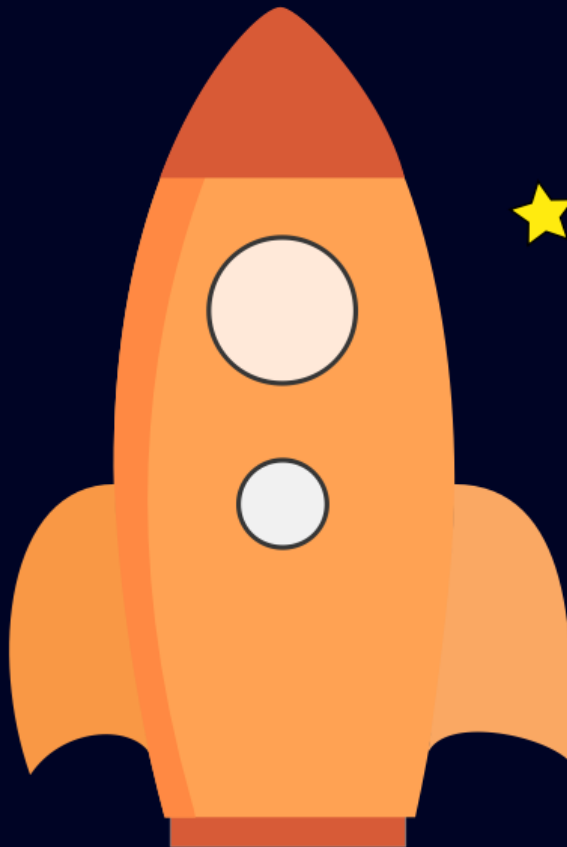


I can't see any tall buildings from my window. Can you?

Maybe
I'll visit
my kitchen.



I could pretend
to visit
outer space.



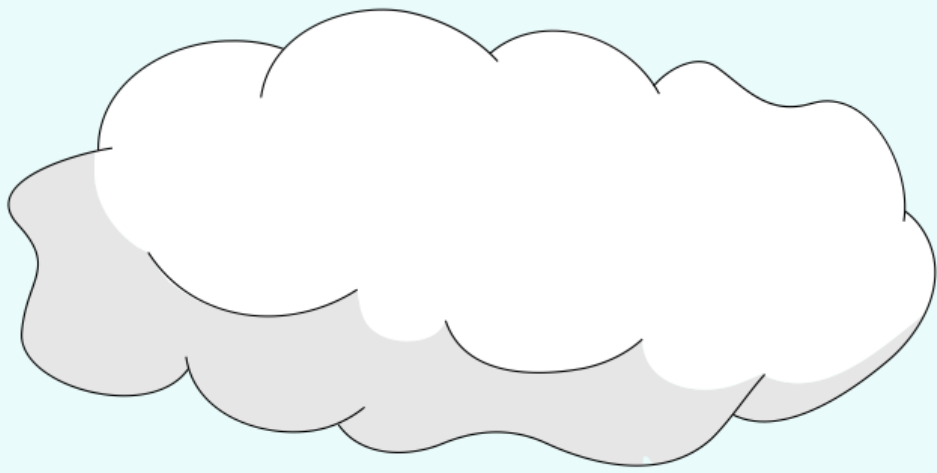
I can take my space ship
all the way to the city.



Then I think I'll visit the
desert to collect some
sand.

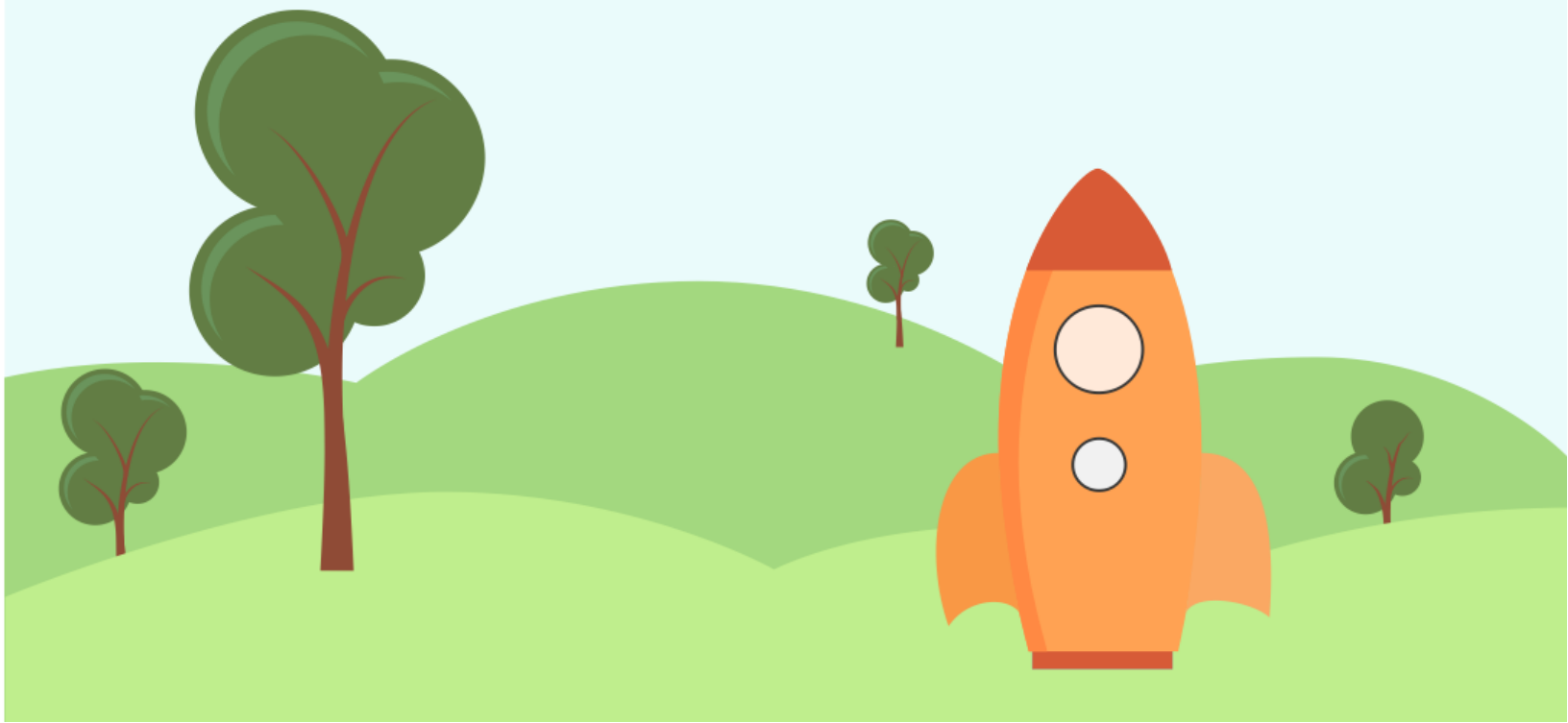


I can imagine.
I can decide.
I can pretend.

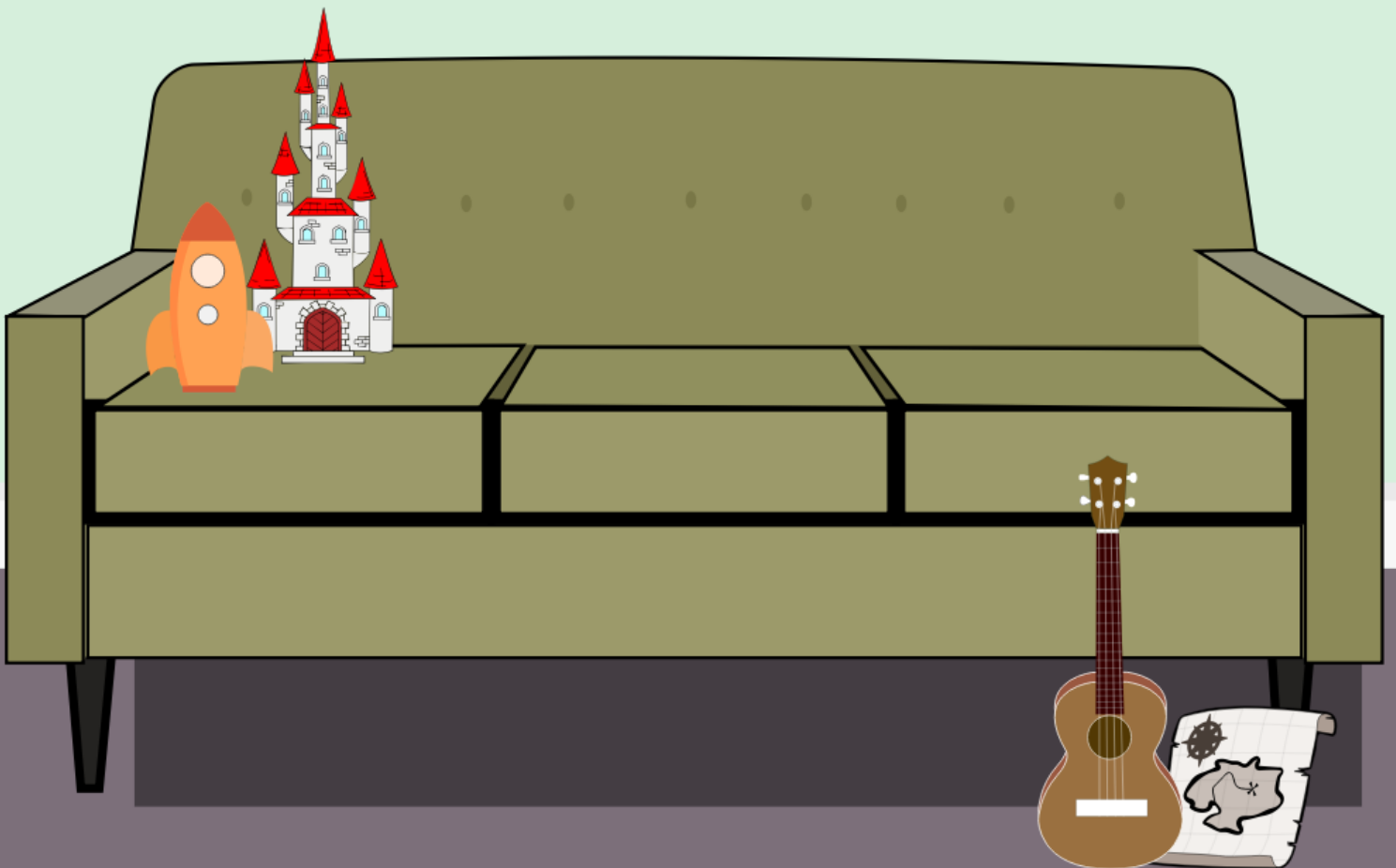


Maybe I'll even go
to visit the king.

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.

Deborah Woods, National Certified
Counselor

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