

The Power of Play

Play releases...

Dopamine:
creates motivation,
enhances focus and
attention, reinforces
learning through reward,
helps develop
skills through
practice

Oxytocin:
mood boosting
properties,
strengthens social
bonds, builds trust
and empathy,
reduces stress and
anxiety

**GABA &
Benzodiazepines:**
Promotes
relaxation,
reduces anxiety,
supports emotion
regulation

**Endorphins
& Opioids:**
A natural painkiller!
Creates feelings of
pleasure, supports
resilience, counteracts
the stress response

Serotonin:
stabilises mood,
supports sleep
and memory
formation

