

EVER TRIED NOT TO LAUGH
WHEN YOU HEAR
A CHILD GIGGLE?

IT'S ALMOST IMPOSSIBLE!

*Being distracted by something
funny is a great way to deal
with stress and anxiety.*



Kids Day Out
CONNECTING FAMILIES WITH SOCIAL SERVICES

And what helps to make us feel happier?

Creativity

Scientific **research** has proven that creativity **increases** happiness.
Emotions can be **improved** and negative emotions **reduced**
when we are being **creative** and **focused** on a **task**.

The performing arts like dancing, singing, making music
and performing magic tricks all help to make us feel good.



PLAY BEGINS IN EARLY CHILDHOOD.
It's **creativity** in action.

FOR MORE INFO VISIT <https://www.resetbrainandbody.com/blog/how-the-performing-arts-benefit-mental-health>

WEBSITES LISTED WERE PART OF RESEARCH FOR THIS SPECIAL PROJECT. THERE ARE A GREAT NUMBER OF SITES THAT
COULD BE VISITED THAT DEAL WITH EARLY CHILDHOOD, PRESCHOOL, INFANTS AND PRIMARY SCHOOL AGE CHILDREN.
CONTACT YOUR EARLY CHILDHOOD CENTRES FOR THEIR RECOMMENDATIONS.