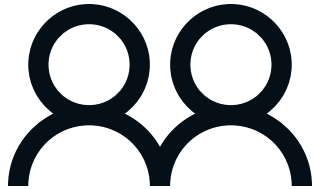


I'm going to play therapy... What does that mean?



I will meet a new person who I will have special play time with. This is a person I can be myself with. This person is safe.

I will go to a room with a lot of toys.

In the playroom I get to choose what we do!



I will learn how to:

- express my feelings
- calm down my body
- problem solve
- make & keep friends
- keep myself safe
- use my strengths
- be brave



Sometimes my parents will talk to my special person, so everyone will know how I am doing and how to help me.

