



## *Refresh and Restore Through Playful Learning*

*Spend the day exploring the benefits of playful learning to refresh and restore your joy and passion for teaching. Playful learning is an educational approach in which a state of being is facilitated that is creative, explorative, experimental, active, and immersive. We will spend the day actively engaged in playful experiences to awaken and restore our childhood mindset from designing, creating, building, engineering, exploring, collaborating and communicating with one another.*



### *Learning Objectives ~*

- ✔ Gain knowledge of playful learning principles, and how they can be used to bring joy in our daily lives, our classrooms, and work place.
- ✔ Engage in playful learning practices and experiences to refresh and restore your well-being, and renew your joy of teaching.
- ✔ Discover through active engagement how play is an essential strategy for learning and maintaining mental health & wellbeing.



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