

# TEEN COURT NEWSLETTER

January 2026

## The Power of Play: Connecting Generations Through Learning and Joy

Written By: Bruna Breen, Program Manager at Pure Play Every Day, Inc.

**Play.** What comes to mind when you hear that word?

A basketball game. Video games. Something you do to relax and have fun.

Those answers make sense, but for us, play means so much more.



At **Pure Play Every Day**, play is a gateway to learning, inspiration, and connection. Through play, we bring people together, strengthen communities, and help children develop problem-solving skills, confidence, resilience, and other essential life skills. **Play isn't extra; it's foundational.**

And play doesn't stop with childhood. Its impact reaches far beyond what most people imagine. Play is a **lifelong necessity**. For adults, it's a powerful way to relieve stress, spark creativity, and discover innovative solutions to challenges that once felt impossible. For older adults, play helps keep minds sharp, encourages social connection, and can even reduce symptoms associated with neurodegenerative conditions such as Parkinson's disease.



Recently, we witnessed the power of play in action. In just **48 hours**, we reached five different age groups, each through meaningful, engaging play experiences.

We introduced STEAM concepts to infants and toddlers at a childcare center, facilitated a program designed to reconnect families, challenged high school students to build Rube Goldberg machines in under an hour, and brought games and dual-tasking activities to senior citizens in Indian Head. Every experience was different, but the outcome was the same: joy, connection, and learning through play.

This is just a glimpse of what **Pure Play Every Day** can do. We design and facilitate meaningful play experiences for everyone, everywhere—from childcare centers and schools to community organizations and workplaces that value collaboration, creativity, and well-being.



Visit [www.pureplayeveryday.org](http://www.pureplayeveryday.org), join our **STEAM Classes for Infants and Toddlers** starting this January, or come play with us at the **Loose Parts Lounge**, a welcoming space where adults can connect, create, and rediscover the power of play.

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## The Hidden Benefits of Winter Reading

Reading isn't just a quiet activity; it's a workout for the brain. Here are a few science-backed reasons to encourage your child to pick up a book:

- **Vocabulary Growth:** Children who read for just 20 minutes a day are exposed to approximately 1.8 million words per year. This "volume" of reading is the single greatest predictor of vocabulary size.
- **Empathy Building:** Narrative fiction allows kids to "step into the shoes" of characters from different backgrounds, significantly increasing their emotional intelligence and empathy.
- **Stress Reduction:** Research shows that reading for as little as six minutes can reduce stress levels by up to 68%. It lowers heart rates and eases muscle tension, making it the perfect antidote to "cabin fever."



## UPCOMING CLASSES

### Mother Daughter Series - La Plata

Learn and experience the benefits of mediation, movement, and meaningful communication. This session's theme is Be Expressive!

Next Class: Tuesday, January 20, 2025

Location: CCSO Headquarters Building

Registration is Required  
but Teen Court Classes  
are FREE!

For more information on  
Upcoming Classes & Events,  
check out our website:



Teen Court Website

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