

From Rittners Floral School, Boston, MA.

www.floralschool.com

The Benefits of Play for Adults



Play is not just for kids.

There is increasing evidence that it is essential for our social skills, ability to solve problems, to adapt, be resilient, reduce stress and more.

Taking classes at Rittners Floral School is an excellent way to both “play” and tap in to your creative side... To give you perspective and help you cope with your everyday life. In other words when you are learning floral designing it is therapeutic!

Here are a few sources for those of you who like documentation or need it to convince a significant other or Boss.

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The Benefits of Play For Adults by Mark Sakraida, <https://living.aahs.org/behavioral-health/the-benefits-of-play-for-adults/>