

# #AreYouKiddingMe?

“Babies laugh 300 times a day, while adults laugh only 20 times.”

-Robert Provine, Ph.D.



**Did you know that there is a scientific correlation between play and happiness?**

Young children use **play, fun and laughter** to explore the world around them, and all of that is essential for early brain development.

Healthy doses of free, unstructured play create changes in the neuron connections in the prefrontal cortex, ultimately improving a child's ability to manage emotions, solve problems, enhance creativity and improve social interactions.

Giving children opportunities to “work” through joyful play will truly benefit them in the long run.



The  
**Children's  
Movement**  
of Florida



Florida Power & Light Company is proud to support the efforts of The Children's Movement of Florida.

CHANGING THE CURRENT. 