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Looking Forward: Embracing Play Everyday

References, Resources + Recommendations

YOU WILL ALSO NEED:

»» The time + personal space necessary to commit to your play journey wholeheartedly as you work through all 5 modules at your own pace

»» Journal for written reflections and notes

»» Smartphone or device capable of:

- playing digital music + audio files
- recording audio files (recorder app on your phone)
- recording and watching video files

»» Headphones or earbuds