



Reclaiming Play: Revitalizing Childhood to Combat Anxiety and Aggression

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Parent Education Session | February 25, 2025

Presented by Hannah Beach

February 25, 2025 | 6:30 – 8 p.m.

Children are becoming more anxious and aggressive. The common thread? A stark decline in free play. After this session, you may never see play the same way again. Our current culture has replaced play with entertainment and structured activities. We are now seeing the emotional side effects of the loss of play in the lives of children as aggression and anxiety in young people is at an all-time high.

The research is clear: children learn and develop best through play. And yet, children are playing less than ever. In fact, this is the first generation of children that does not have a play-based childhood. The side effects? Children and youth are struggling. It has become harder than ever to lead and care for kids.

This conversation has never been more important as we look at how we can support children's emotional health and learning. We'll unpack the science behind play and how it lowers anxiety and aggression, builds resilience, and fosters social and emotional health.

Little changes can have big effects. Join Hannah for a powerful workshop that will help you discover practical ways to transform your family culture and support your children in becoming their best selves.

Closed captioning in multiple languages will be available for participants.

[Click here to register](#)

About the Presenter

Hannah Beach

Hannah Beach is an award-winning educator, author, emotional health consultant, and keynote speaker. She is the co-author of the best-selling book *Reclaiming Our Students: Why Children Are More Anxious, Aggressive, and Shut-Down than Ever – and What We Can Do About It*.

Hannah was recognized by the Canadian Human Rights Commission in 2017 as one of five featured changemakers in Canada. Her bestselling *I Can Dance* book series, supporting the emotional health of children through movement, play, and expression, won a 2017 Gold International Moonbeam Children’s Book Award. You can find her at hannahbeach.ca.

