

PLAY Matters !!

Play fosters belonging and encourages cooperation.

Stuart Brown, MD Contemporary American Psychiatrist

Reasons We Play:

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- to learn
 - to create
 - to feel challenged
 - to pass time
 - to calm and focus ourselves
 - as spectators watching others
 - competitively to win
 - cooperatively
 - for the fun of it
 - for the joy of it
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Lifelong Benefits

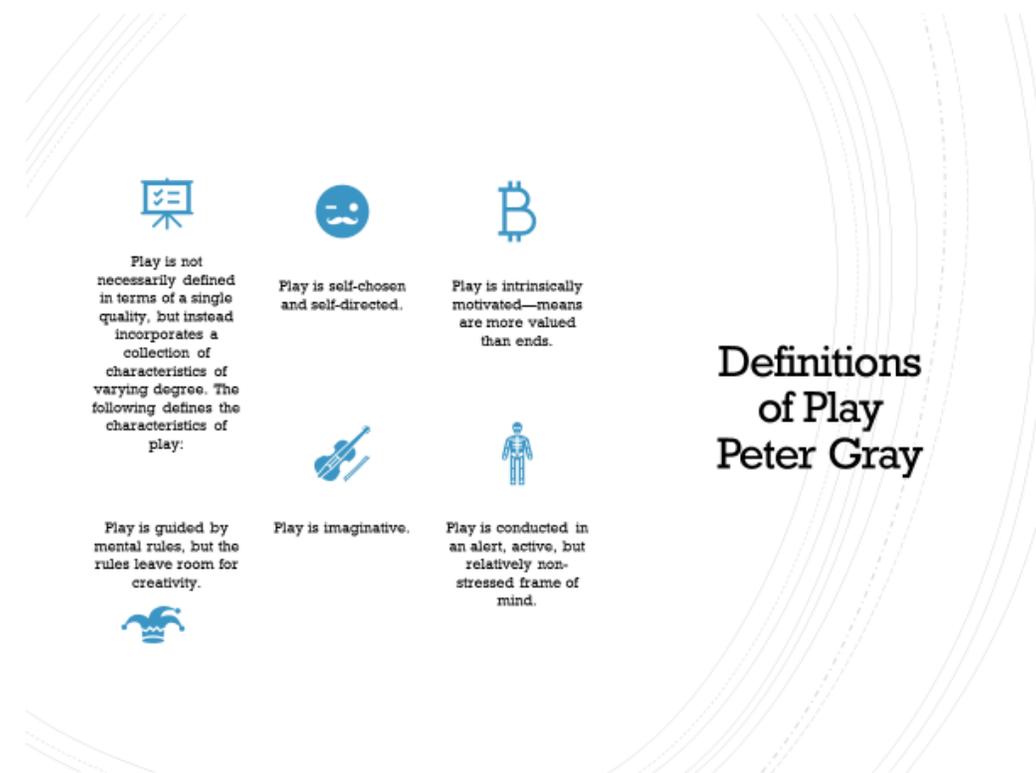
- Connects us to others
- Fosters creativity, flexibility, learning
- An antidote to loneliness, isolation, anxiety, depression
- Teaches perseverance
- Makes us happy

Play and Relationships

- Helps develop & improve social skills
- Teaches how to cooperate with others
- Can heal emotional wounds

Play at Work

- keeps you functional when under stress
- refreshes your mind and body
- encourages teamwork
- helps you see problems in new ways
- triggers creativity and innovation
- increases energy and prevents burnout



Social Skills for Play

- Taking turns
- Praising others
- Asking for help
- Voice tone
- Staying on task
- Using names
- Encouraging others
- Communicating clearly
- Listening actively
- Resolving conflicts
- Following directions
- Staying with the team
- Sharing ideas

F-L-O-W

Play, creativity, and flow Psychiatrist and writer Mihaly Csikszentmihalyi has studied play extensively.

He describes play as a "flow state" that requires just the right balance of challenge and opportunity.

If the game is too hard or too easy, it loses its sense of pleasure and fun.

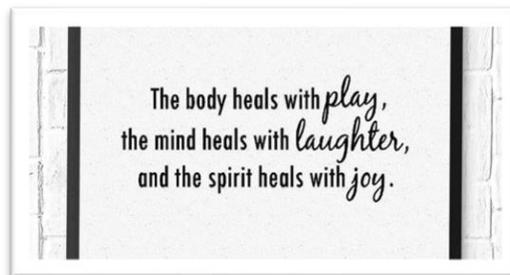
Maintaining a flow state in games with others requires all participants, regardless of age or ability, to feel challenged but not overwhelmed.

Feelings We Experience in the Flow State

Involvement Delight Clarity Confidence Timeliness Motivation

PLAY = *anticipation + surprise + pleasure + understanding + strength + poise*

Source: Strong Elements of Play



Resources

Play Doesn't End with Childhood: Why Adults Need Recess Too

<http://www.npr.org/blogs/ed/2014/08/06/336360521/play-doesnt-end-with-childhood-why-adults-need-recess-too>

<https://voiceofplay.org/science-of-play/>

Brown, Stuart. *Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul*. City, Avery Publishing, 2010