



Reboot your play system :)

It's not just fun, it's ESSENTIAL.

Lara Dunn, MA, CCC-SLP and Play Professional



“You can discover more about a person in an hour of play than a year of conversation.”—Plato.

Play benefits ALL aspects of our lives

Play...

Relieves stress by releasing endorphins

Improves brain functioning

Stimulates the mind and increases creativity

Improves relationships and connections to others

Keeps you feeling young and energetic

<https://www.helpguide.org/articles/mental-health/benefits-of-play-for-adults.htm>



What research says...

“The most successful adults maintain the ability to play.” — Dr. Jack Shonkoff

You may think playing is for kids. You may believe playing is optional as an adult. But the reality is — you need play. It’s like food for your soul.

Today, more people are play deprived than ever before. The [consequences of chronic play deprivation](#) include:

- Lack of brain growth
 - Increased risk of depression
 - Increased risk of addictive behavior
 - Malfunctioning of vital brain areas
 - Poor impulse control
 - Poor anger management
 - Poor self-regulation
 - Fragile and shallow relationships
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Adults need recess, too...

- So adults play for many important reasons: building community, keeping the mind sharp and keeping close the ones you love.
- And, says Brown, there's another big factor: If we don't play, there are serious consequences.
- "What you begin to see when there's major play deprivation in an otherwise competent adult is that they're not much fun to be around," he says. "You begin to see that the perseverance and joy in work is lessened and that life is much more laborious."
- In other words, all work and no play makes everyone a whole lot duller.

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



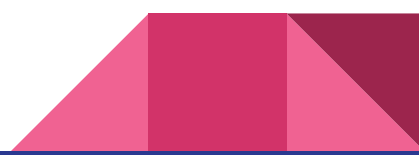
How to restore play more consciously in your life:

Discover your play personality:

Dr. Stuart Brown, the author of the book [Play](#), identified 8 “play personalities” based on animal and human natural behaviors.

While we all are a mix of these play personalities, we usually have one or more dominant ones. Also, your play personality may shift as you age, so always be open to experimenting when you can't seem to have fun in life.

Knowing your current or dominant play personality can help you identify the activities that will bring true joy into your life and make you feel fully alive.



Play personality quiz

[What's Your Play Personality? – The 8 Play Personality Types | by Prakhar Verma | The Startup | Medium](#)



Now.... LET'S PLAY!!!!

“Rules”

- Each activity will conclude when you hear the cowbell ring
- At the conclusion of each activity, we all clap and say YAAAYYY!!!



Pass the clap

Zip-Zap-Zop! ~ Standing in a circle, you pass it around with that order. Can also do it with math facts, topic specific vocabulary, names in a group to get to know each other, etc.

Red ball

Houses ~ Groups of three around the circle, the two on the outside lift their arms and touch finger tips forming a "house over the person in the middle. One person is without a group. That person calls out "House!" "People!" or "Tornado!" With "house", the people forming the houses scramble about to make new houses. With "people" the people look for a new house. With "tornado" everyone scrambles to form new houses with people inside. The one left out is the new caller.

Hey Everybody! Let's _____! Yes, let's!

The group mills about and one at a time people call out an action to do. "Hey everybody! Let's quack like ducks!" The group responds with, "Yes, let's!" then everyone does the action suggested.

I'm a tree! ~ One person starts by jumping into the middle of the circle and says, "I'm a _____!" Then two more people (one at a time) join them by adding items associated to the first item. E.g., "I'm a tree.... I'm a leaf.... I'm a bird" The person who started the scene taps one of the people who joined them and that person then starts the next association.



Meet in the middle ~ Two people come into the circle. Everyone counts down "3-2-1" then each person in the middle simultaneously shout out whatever word comes to mind. Two more people jump into the middle and shout out whatever either of the first two words made them think of and play continues until two people jump out and end up saying the same word at the same time. It's like MAGIC!

Dude! ~ Everyone gets close in a circle and looks down. One person count 1-2-3! On three each person looks across the circle, to their right, or to their left. If two people make eye contact, each one shouts "Dude!" then step out of the circle. The remaining players move closer together and repeat until one or two people are left standing.

Everybody do this! ~ Going around the circle, one person at a time says, "Everybody do this!" and they make a simple action paired with a sound. Everyone else in the circle puts both hands over their heads pulling their arms down while saying, "YES!" and then they imitate what was just done by the individual. Play then passes to the next person who does their own action and sound.

Gracious Goat ~ "I give you the gracious goat"; "I have the gracious goat!"; next two people "He/she has the gracious goat!"; next two out "Isn't it grand to have the gracious goat!"

Funny Bunny ~ A rhythm game



Czechoslovakia ~ A rhythm and movement game. "Czechoslovakia, boom-sha-boom; Yugoslavia, boom-sha-boom; We've got the rhythm in our feet..... Then hands, hips, and eyes.... EYES! Do three to four rounds... The first one slow, then medium tempo, then fast tempo, and lastly fast tempo and no words :)

Fairy tales ~ Can make them up one word or one sentence at a time.



Play!

- <http://www.nifplay.org/institute/about-us/>
- https://www.ted.com/talks/stuart_brown_says_play_is_more_than_fun_it_s_vital?!language=en
- [The Importance of Play for Adults \(psychcentral.com\)](#)
- [Play in Mind | Psychology Today \(blog\)](#)
- [What's Your Play Personality? – The 8 Play Personality Types | by Prakhar Verma | The Startup | Medium](#)
- <https://www.helpguide.org/articles/mental-health/benefits-of-play-for-adults.htm>
- [What's your play personality? \(headspace.com\)](#)
- <https://www.stack.com/a/how-america-killed-play-and-what-we-can-do-to-bring-it-back>
- <https://rpssoftexas.com/7-types-of-play/>

