

**"We are never more fully
alive, more completely
ourselves, or more deeply
engrossed in anything
than when we are playing."**

– Charles Schaefer

toytails.ca

PLAY MATTERS !!

TODAY & BEYOND

Play fosters belonging and encourages cooperation.

Stuart Brown, MD Contemporary American Psychiatrist

Reasons We Play:

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

Definitions of Play- Peter Gray

Play is not necessarily defined in terms of a single quality but instead incorporates a collection of characteristics of varying degrees. The characteristics of play:

- Play is self-chosen and self-directed.
- Play is intrinsically motivated means are more valued than ends.
- Play is guided by mental rules, but the rules leave room for creativity.
- Play is imaginative.
- Play is conducted in an alert, active, but relatively non-stressed frame of mind.

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

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

F-L-O-W

Play, creativity, and flow Psychiatrist and writer Mihaly Csikszentmihalyi 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.

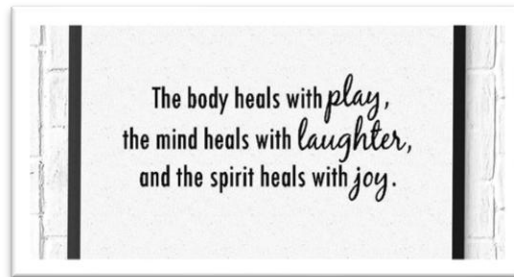
Maintaining a flow state in games with others requires all participants, regardless of age or ability, to feel challenged but not overwhelmed.

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Resources

<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

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

LEGO- Silver Builders <https://www.facebook.com/watch/?v=658126578972428>