

**Why Should I Care
About Play?**





**Who is in the
room?**



“Play Time has enriched my encouragement in myself to participate in multiple games to **learn different cognitive strategies** and **sharpen my communication skills** with other clients by playing partners or working together to solve puzzles. **Prison has had a negative impact on my mental health and thinking.** My mind has been at idle while being in a prison cell that its like it started to hibernate. These **games exercise and help awaken my brain activity.** I’ve also learned how to healthily interact and communicate with others during *Play Time*. **Many of us were robbed of our childhood due to generations of addiction.** This Play Time allows us to **reconnect with our inner child**, that has been locked away for a long time.”

Stephen W.





LET'S PLAY!





“We found evidence that an additional hour of mixed-age free play weekly was positively associated with higher standardized test scores in both math and reading.”

Melyssa Mandelbaum, Doctoral
Dissertation: *Mixed-Age Play in School-Age
Children*

March 2022 Long Island University



6 C's

- Collaboration
- Communication
- Content
- Critical Thinking
- Creative Innovation
- Confidence





**Collaboration:
Learned when
activities and games
require more than
one person**





**Communication:
Finding a way to
let someone else
know what you
need**





Content: Creating through story and meaningful conversation





**Critical Thinking:
Figuring out how
to do something
new with available
resources**





**Creative
Innovation:
Starting with an
idea and trying it
out**





**Confidence:
Developing when we
take risks**

**“Entrepreneurs of
the future will need
to have confidence
to give new ideas a
try.”**

Kathy Hirsh-Pasek, quote from: *Playful
Learning and Raising Successful Children*,
American Journal of Play, Fall 2020





LET'S PLAY!





“Bottom line is that you build these skills in playful learning.”

Kathy Hirsh-Pasek, quote from:
Playful Learning and Raising Successful Children, American Journal of Play, Fall 2020





What is Play?

- Choice
- High Focus
- Determination
- Satisfaction

It's an
escalation!



What is Flow?



NOREPINEPHRINE

helps get blood flowing & heart rate up

DOPAMINE

helps make us feel good



ANANDAMIDE

plays a role in motivation and pleasure

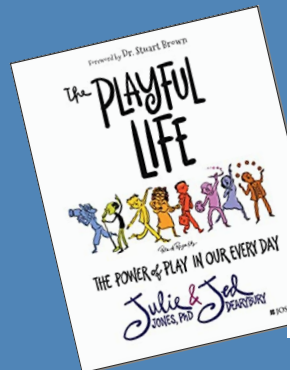
ENDORPHINS

help the body cope with pain & stress



SEROTONIN

makes us happy & have feelings of well-being



The Neurochemistry of Flow States with Steven Kotler

- <https://bigthink.com/videos/the-neurochemistry-of-flow-states-with-steven-kotler/#:~:text=cascade%20of%20neurochemistry.-,You%20get%20norepinephrine%2C%20dopamine%2C%20anandamide%2C%20serotonin%20and%20endorphins.,same%20thing%20with%20your%20brain>





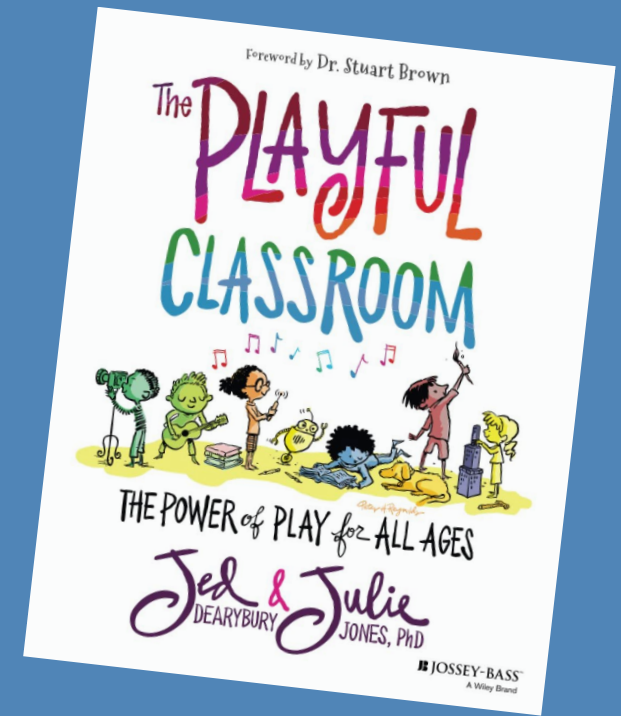
What kills playfulness?

- Daily stresses
- Life frustrations
- Perspective



Make PLAY a daily habit...

1. Awareness
2. Intentionality
3. Process
4. Habit
5. Result





Awareness

Look for playful moments.
They are all around us.



LET'S PLAY!





Intentionality

Provide ourselves and others with time, space and opportunity. Make a plan to invite playfulness in.

LET'S PLAY!





Process

Don't be afraid to play, mess up, learn, repeat.
Embrace the perceived chaos as part of the learning experience.



LET'S PLAY!



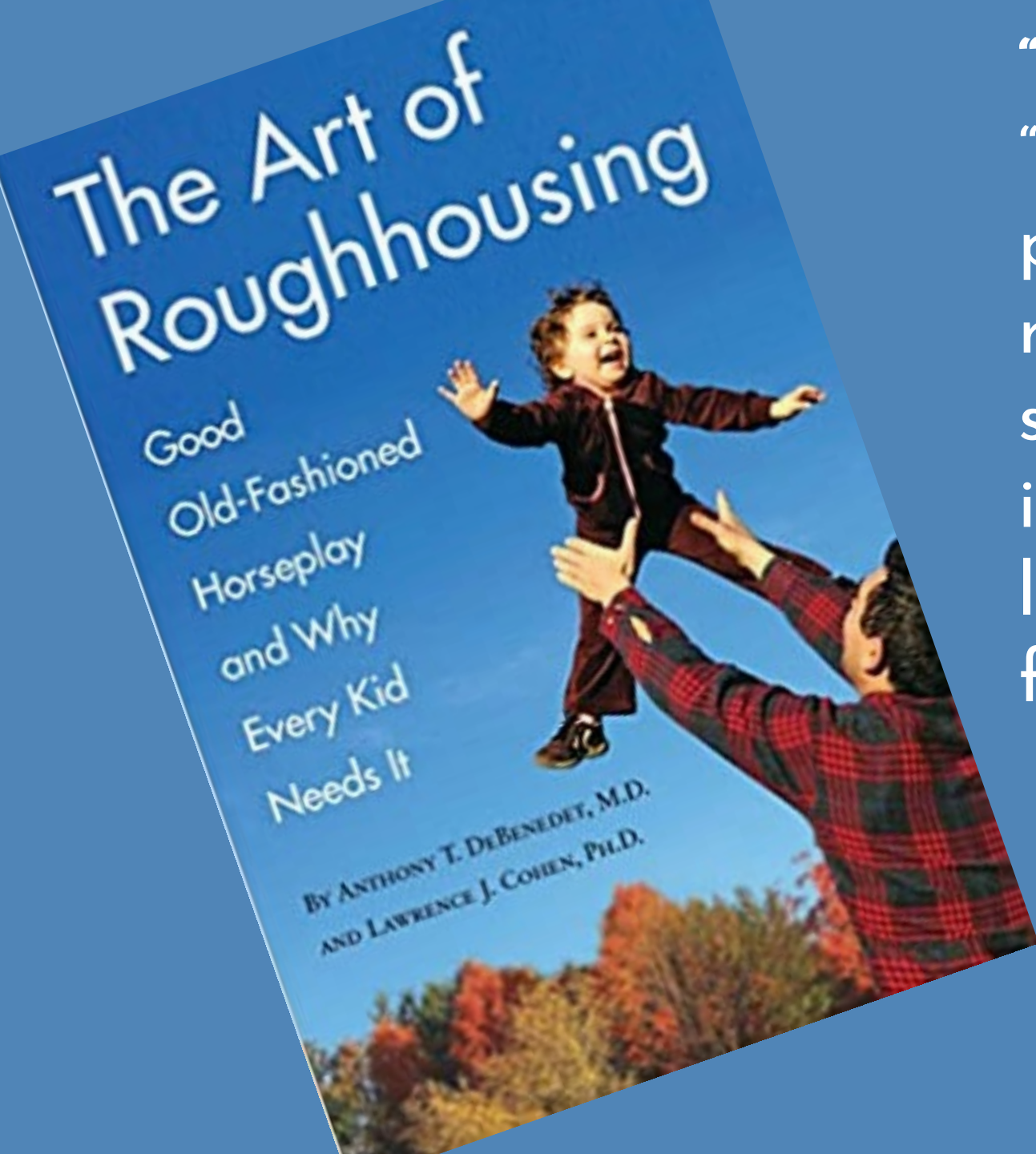


Habit...

Keep in mind that the more we play, the more playful we become. On average, it only takes 3-6 weeks to create a routine.

Write it down in your daily PLAN to make it happen.





“The Bold Claim”

“Play-especially active physical play, like roughhousing-makes kids smart, emotionally intelligent, lovable and likable, ethical, physically fit, and joyful.”

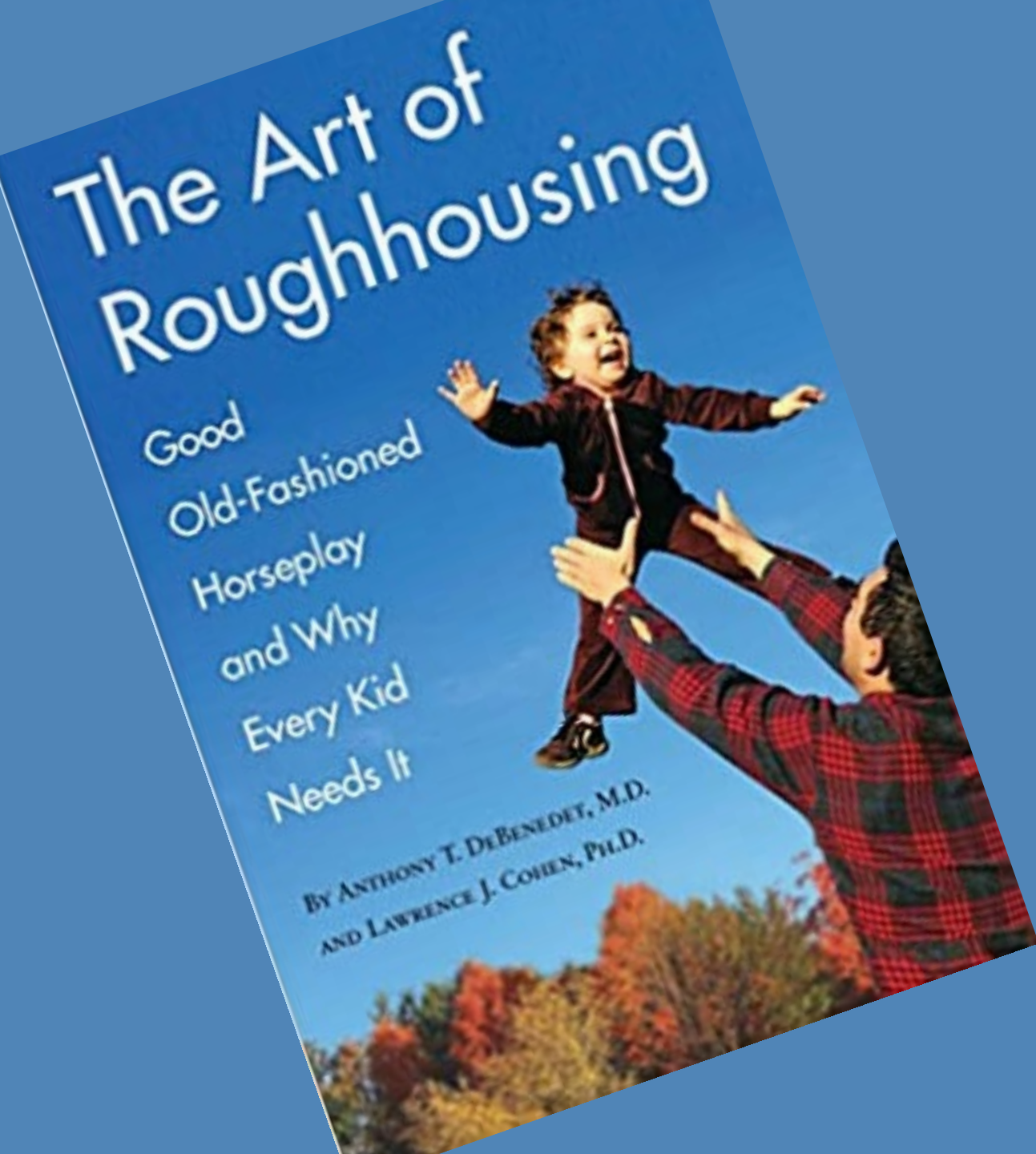
Dr. Anthony T. DeBenedet and Dr. Lawrence J. Cohen





**Will a Playful
Mindset improve
your life?**





**Playing together
increases connections.
It builds “foundations
for academic success.”**

Dr. Anthony T. DeBenedet and Dr. Lawrence J. Cohen



SERIES IN AFFECTIVE SCIENCE

AFFECTIVE NEUROSCIENCE

THE FOUNDATIONS

OF HUMAN AND

ANIMAL

EMOTIONS

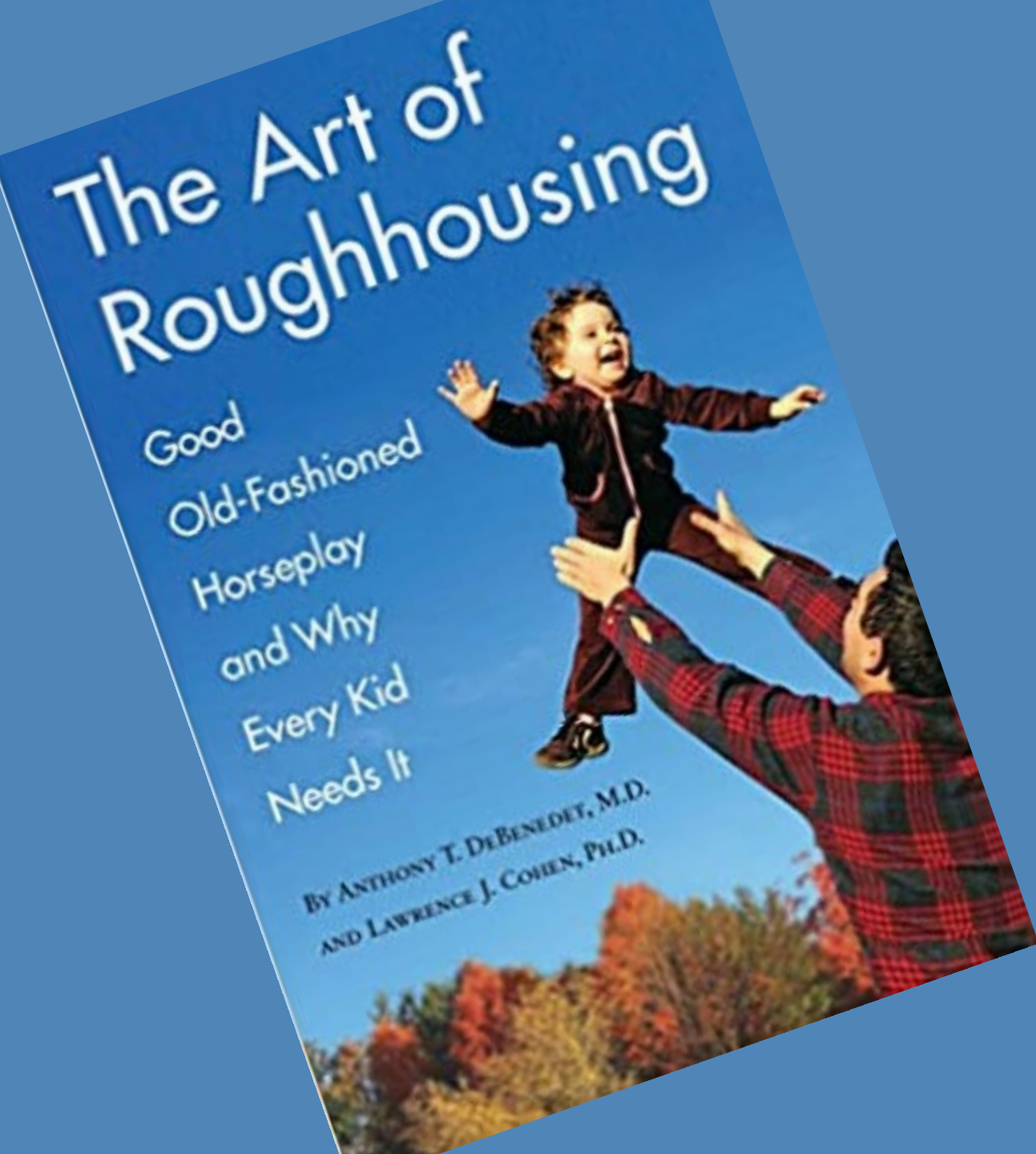
Jaak Panksepp



“During play,
animals are
especially prone to
behave in flexible
and creative ways.”

Jaak Panksepp





**Emotional intelligence
is developed while
playing together.**

Dr. Anthony T. DeBenedet and Dr. Lawrence J.
Cohen



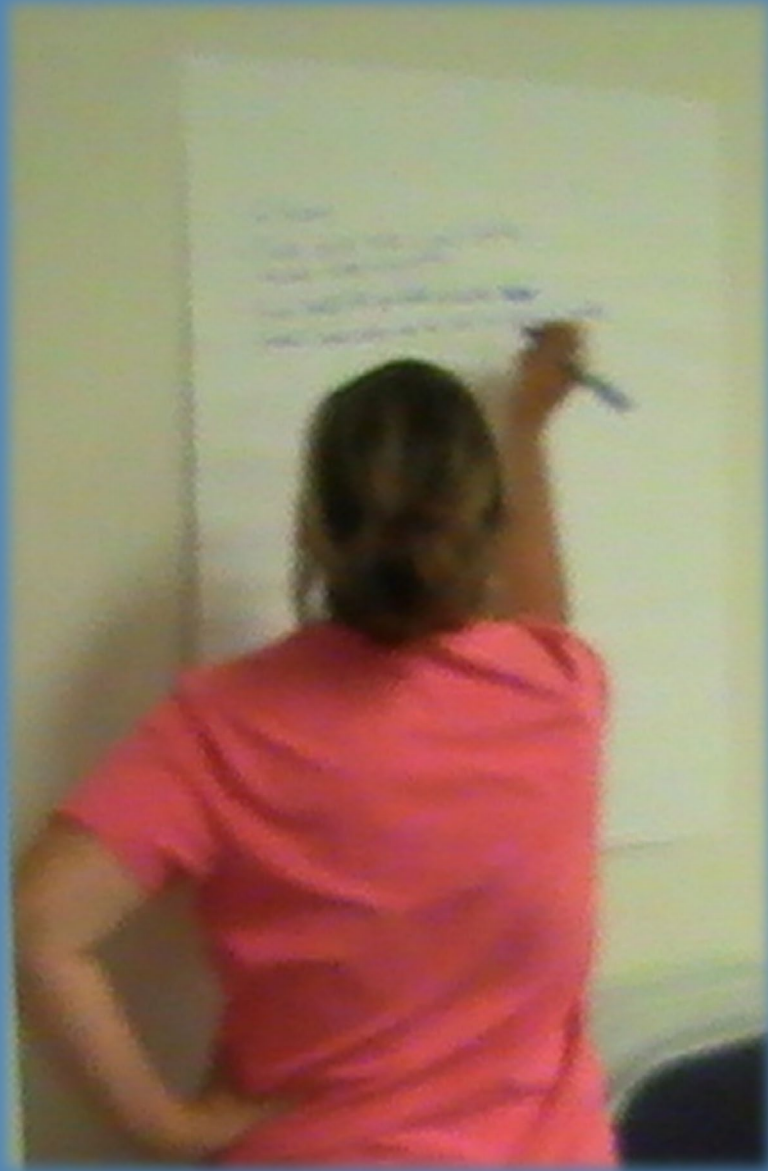
General rules to keep in mind during playtime...

- 10-15 minutes, every day
- One-on-One
- Child selected
- No criticism or suggestions
- Positive comments
- Relax
- Play
- Enjoy



**Strengthening Families
Program** by Dr. Karol Kumpfer

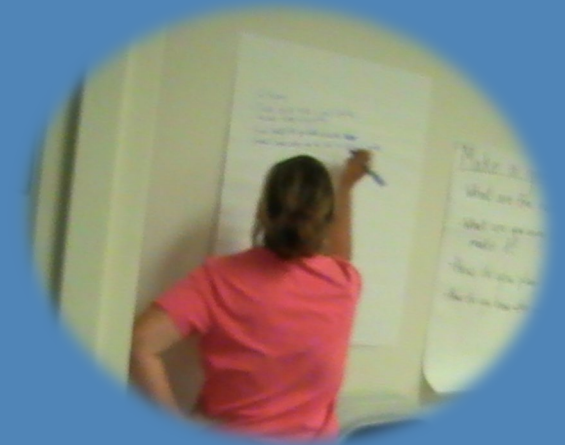




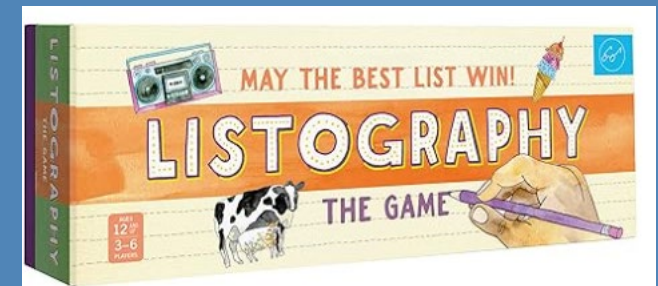
LET'S PLAY!



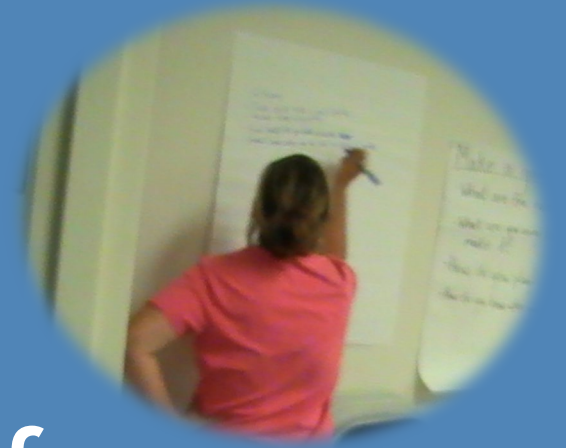
LET'S PLAY! - Listography



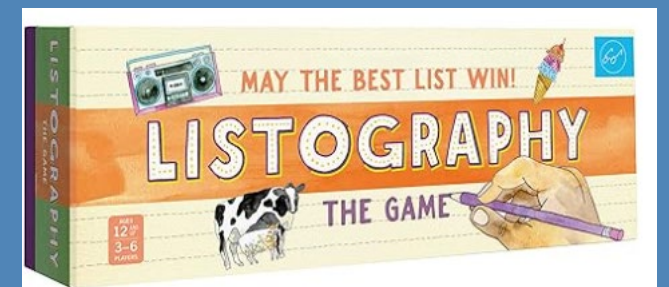
- One-on-One: Create a list of up to **10 ANSWERS** before time runs out.
Try to match **only 1** other team



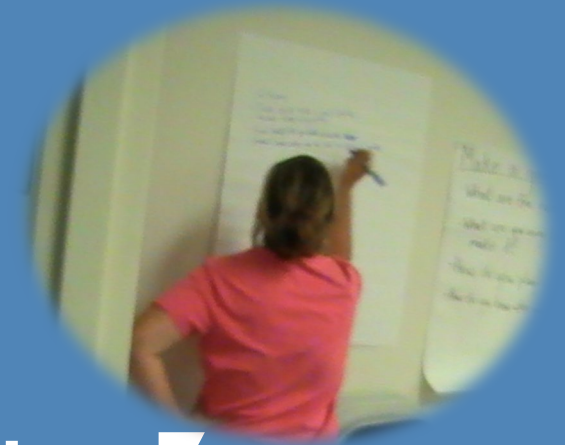
LET'S PLAY! - Listography



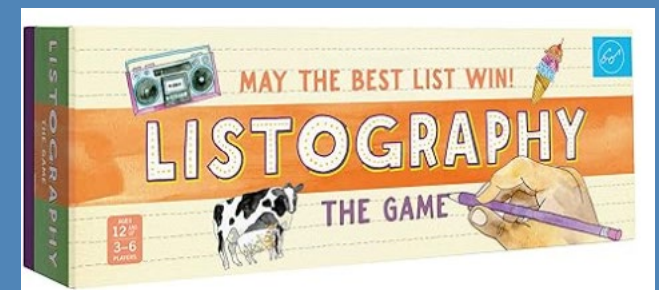
- Forgotten Four: Create a list of up to **4 ANSWERS** before time runs out. Try to match **NO** other team



LET'S PLAY! - Listography



- Threefold: Create a list of up to **3 ANSWERS** before time runs out. Try to match **AS MANY** other teams as possible





Questions?
Comments?

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