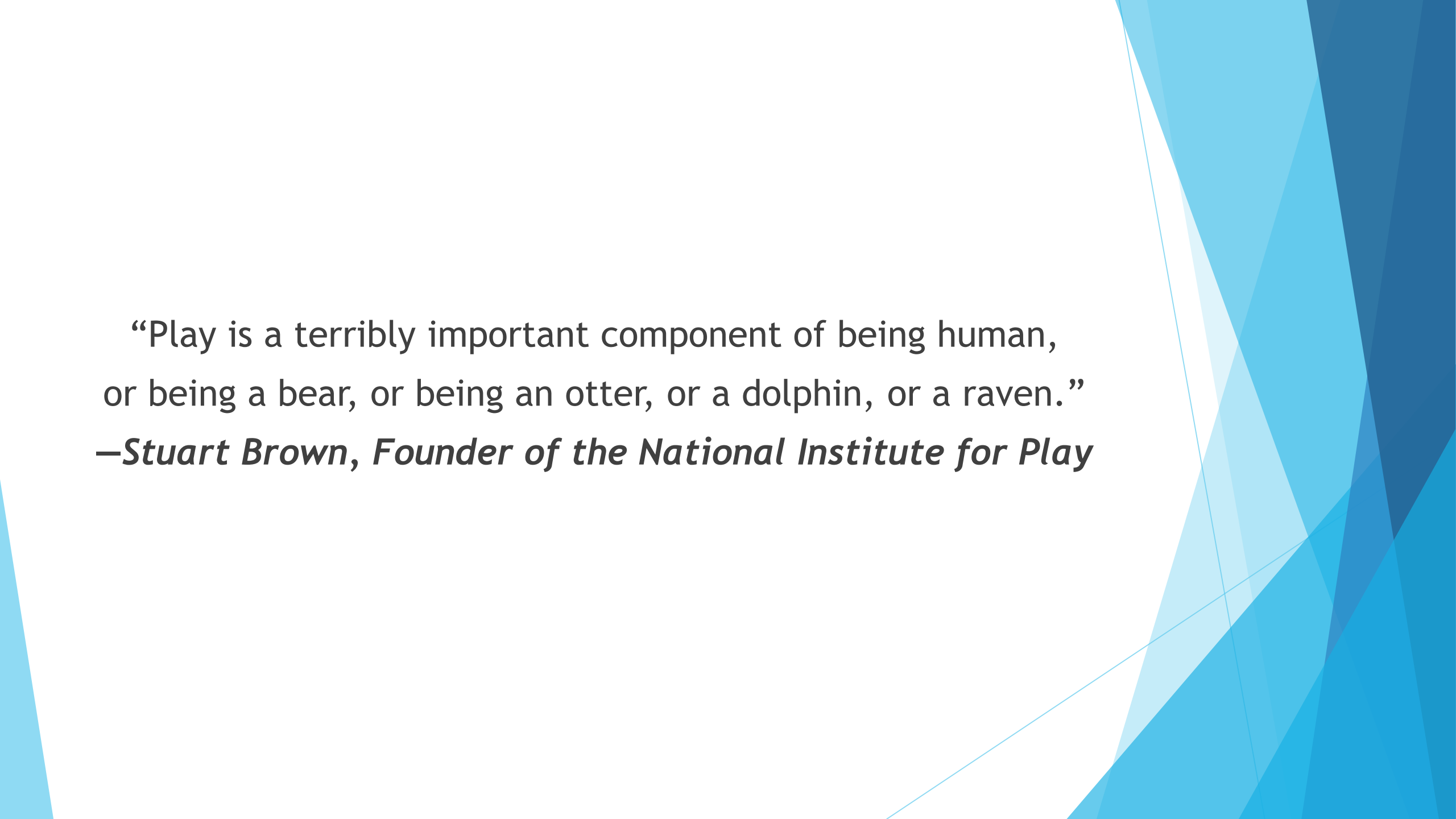


The Power of Play

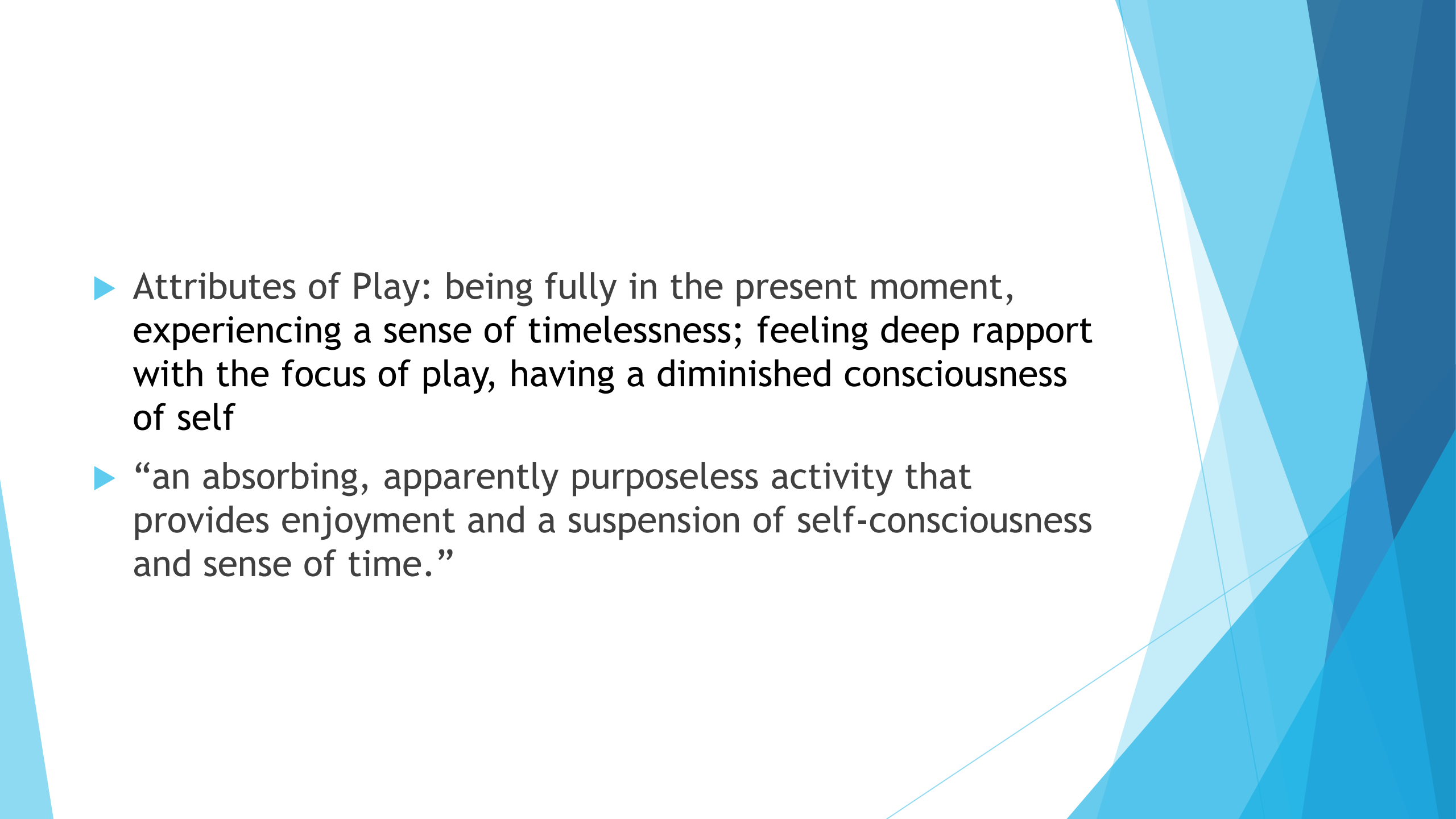


The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. These shapes are primarily located on the right side of the image, creating a modern, dynamic feel.

“Play is a terribly important component of being human,
or being a bear, or being an otter, or a dolphin, or a raven.”
—*Stuart Brown, Founder of the National Institute for Play*

Play is a state of mind



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- The background of the slide features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. These shapes are primarily located on the right side of the slide, creating a modern, dynamic aesthetic.
- ▶ Attributes of Play: being fully in the present moment, experiencing a sense of timelessness; feeling deep rapport with the focus of play, having a diminished consciousness of self
 - ▶ “an absorbing, apparently purposeless activity that provides enjoyment and a suspension of self-consciousness and sense of time.”

Movement anchors thought

- ▶ Movement lights up the brain
- ▶ To “pin down a thought” there must be movement to anchor it and build the nerve networks
- ▶ 3 year olds actually move their bodies to conform to the physical configuration of a new object to better understand it.”



Learning is State Specific

- ▶ The emotions experienced while learning something are retained along with the material learned.
- ▶ A sense of joy should permeate the experience

Creativity is the heart of play

- ▶ Creative minds see many solutions to a problem
- ▶ 98% of 3-5 year olds think divergently while only 2% of adults do
- ▶ Becoming one with something “other” is the secret of creativity

Adults need play too

- ▶ Play is apparently purposeless?

How you can play more deeply

- ▶ Play with Others
- ▶ Move and challenge yourself
- ▶ Create freshness and immediacy
- ▶ Focus your play on the actual experience