



“We don't stop playing because we grow old; we grow old because we stop playing.”
George Bernard Shaw

WEEK 1: AUGUST 1ST - 7TH

Question: *What can adding some “play” into your life do for you?*

As we are putting a close to summer let us not forget the importance of being active. We all know this is a great time to get outside, enjoy the weather and the fun activities that the summertime brings. With school starting this month let us consider what adding a little childlike play to our daily routine can add to our lives. “Being childlike means you aren’t afraid to get silly.” You choose to live in the moment and not worry about making mistakes, just like a child.

Here are just a few benefits to adding play to your life. Play is a great way to destress and be more emotionally balanced. It can boost your brain giving you better cognitive flexibility and memory. Being more active through play is a great way to connect with other individuals. This form of active lifestyle could even help you live longer.

Check out this YouTube video on why play is important for adults.
<https://youtu.be/tfzYCJpFuaY?feature=shared>

We will look at different ways to add play into your life in the coming weeks.

*Praise the LORD with the harp; make music to him on the ten-stringed lyre. Sing to him a new song; play skillfully, and shout for joy. **Psalms 33:2-3 NIV***

Resources

<https://www.playyourwaysane.com/blog/play-for-adults>

“A lack of play should be treated like malnutrition - it's a health risk to your body and mind.” Dr. Stuart Brown

WEEK 2: AUGUST 8TH - 14TH

Question: *What is your play personality?*

Dr. Stuart Brown founder of the National Institute for Play coined the term Play Personalities. These are eight different styles or modes that as we are we are most comfortable being playful in.

The Collector	The Explorer
The Competitor	The Joker
The Creator/Artist	The Kinesthete
The Director	The Storyteller

More information about these personalities can be found at the link below.

<https://nifplay.org/what-is-play/play-personalities/>

If you are interested in knowing what your play personality is that is quiz below.

<https://lindsaybraman.com/adult-play-styles/#quiz>

Dr. Brown discusses his study on play in the YouTube video below. He points out the importance of play signals as you engage in collective play. Different ways of participating in play are listed below. Consider being actively involved in play as in one of the studies Dr. Brown points out, “the opposite of play is not work it is depression.”

<https://youtu.be/qcMujt-yIJA?feature=shared>

Body Play	Spectator Play
Object Play	Imaginative Play
Social Play	Storytelling Play
Rough and Tumble Play	

So I commend the enjoyment of life, because there is nothing better for a person under the sun than to eat and drink and be glad. Then joy will accompany them in their toil all the days of the life God has given them under the sun.

Ecclesiastes 8:15

*“It’s the things we play with and the people who help us play that make a great difference in our lives.” **Fred Rogers***

WEEK 3: AUGUST 15TH - 21ST

Question: *When was the last time you gave yourself the freedom to be creative?*

Let’s dig deeper into the Importance of play in adulthood and childhood with Yolonda Tyler and her personal experiences with play in her TedTalk.

https://www.youtube.com/watch?v=sSx_csPHE0c&t=30s

She highlights play with three c’s:

COMMUNITY:

interactions with others

CREATIVITY:

use of your imagination

COGNITIVE DEVELOPMENT:

attention memory and thinking

Consider how you would define the way you play. Are you community-oriented with your play? Do you enjoy being creative or do you enjoy play through learning? Challenge yourself to find a new way to play. Step outside your comfort zone and find a new way to engage with others, choose a new creative outlet, or research something new. Get yourself playing in new ways.

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Ecclesiastes 8:15

*“Play is the highest form of research.” **Albert Einstein***

WEEK 4: AUGUST 22ND - 28TH

Question: *How do you play as an adult?*

Whether you are physically active, or engaging your brain, there are many different ways to play as an adult. Here are just a few examples of how adults can play.

HOBBIES AND LEISURE ACTIVITIES:

“These activities provide enjoyment, relaxation, and an opportunity for self-expression.”

sports, arts and crafts, music, gardening

SOCIALIZING AND GAMES:

game nights, sports leagues, group activities

PHYSICAL PLAY:

walking, biking, yoga, dancing

IMAGINATION AND CREATIVITY:

writing, painting, acting

TRAVEL AND EXPLORATION:

new places, foods, cultures

MIND GAMES AND PUZZLES:

mental challenges, puzzles, games

HUMOR AND LAUGHTER:

comedies, attending stand-up shows, sharing jokes

LEARNING AND PERSONAL GROWTH:

new subjects, acquiring new skills, pursuing personal development

“What brings joy and a sense of playfulness can differ widely based on individual interests, preferences, and life circumstances. Integrating play into adult life contributes to overall well-being, stress reduction, and the maintenance of a healthy work-life balance.”

REFERENCE: [HTTPS://BUSYBUSYLEARNING.COM/HOW-DO-YOU-PLAY-AS-AN-ADULT/#1-HOBBIES-AND-LEISURE-ACTIVITIES](https://busybusylearning.com/how-do-you-play-as-an-adult/#1-hobbies-and-leisure-activities)

So, whether you eat or drink, or whatever you do, do all to the glory of God.

1 Corinthians 10:31