

Can I Play?

A look at how play
enhances quality
of life

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Are you a professional game player?

DO YOU WANT TO BE?



What are some stereotypes and myths associated with playing games?

Objectives

- Identify the values and benefits of play.
- Understand and utilize available resources.
- Define processing and drawing out life applications.
- Demonstrate the concepts of game play within a hands on experience.

PLAY QUOTES

Play is our brain's
favorite way of
learning.
Diane Ackerman

Almost all creativity
involves purposeful
play.
Abraham Maslow

Life must
be lived
as play.
Plato

Whoever wants to
understand much
must play.
Gottfried Benn

In our play we
reveal what kind
of people we
are.
Ovid

People tend
to forget that
play is
serious.
David Hockney

Play is the
highest form of
research.
Albert Einstein

Surely all God's
people ... like to
play.
John Muir



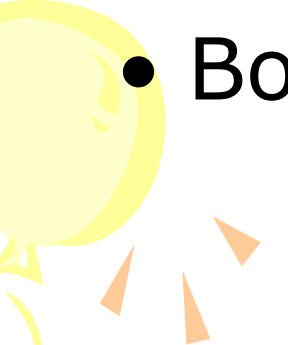


WHY PLAY?

Play is fun! We all know that, but play is also a whole lot more.



Play:

- Sharpens our mind
 - Helps us grow
 - Keep us healthy
 - Boosts our creativity
- 



When people play, they learn to:

- Solve problems
- Make decisions
- Express themselves and communicate with others
- Recognize boundaries
- Develop social skills

An orange balloon is at the top left, a pink one in the middle left, and a yellow one at the bottom left. They are connected by streamers and have small orange triangles around them, suggesting movement or celebration.

When we don't play, we are:

- Less creative and less productive
- More sedentary, more easily fatigued, and more susceptible to obesity
- More likely to encounter social problems and emotional stress

The slide features three colorful balloons (orange, pink, and yellow) on the left side, each with a streamer and several small triangular streamers floating around them. The title text is positioned to the right of the orange balloon.

The way we play shows:

- Who we are
- What we value
- How we regard others
- How we change over time
- Future possibilities

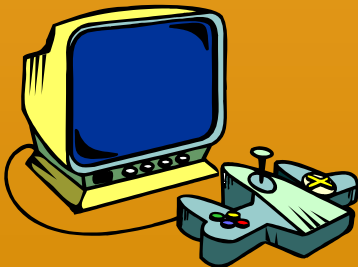
So, What are some available resources?



Board Games



Card Games



Interactive Games

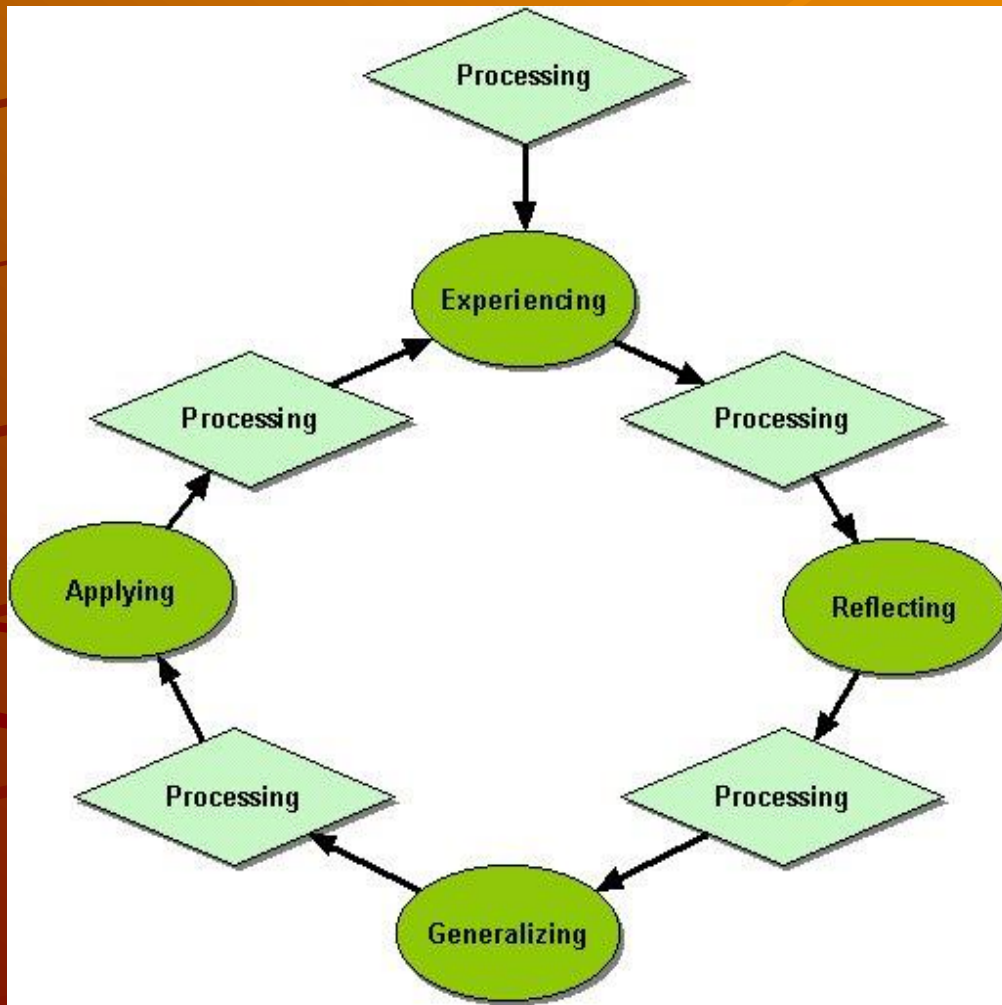
Processing – What is it?

Processing is best viewed as an activity that is structured to encourage individuals to:

- Plan
- Reflect
- Describe
- Analyze
- Communicate about experiences

Gass, 1993b; Knapp, 1990; Quinsland & Van Ginkel, 1984; Nadler & Lucker, 1992

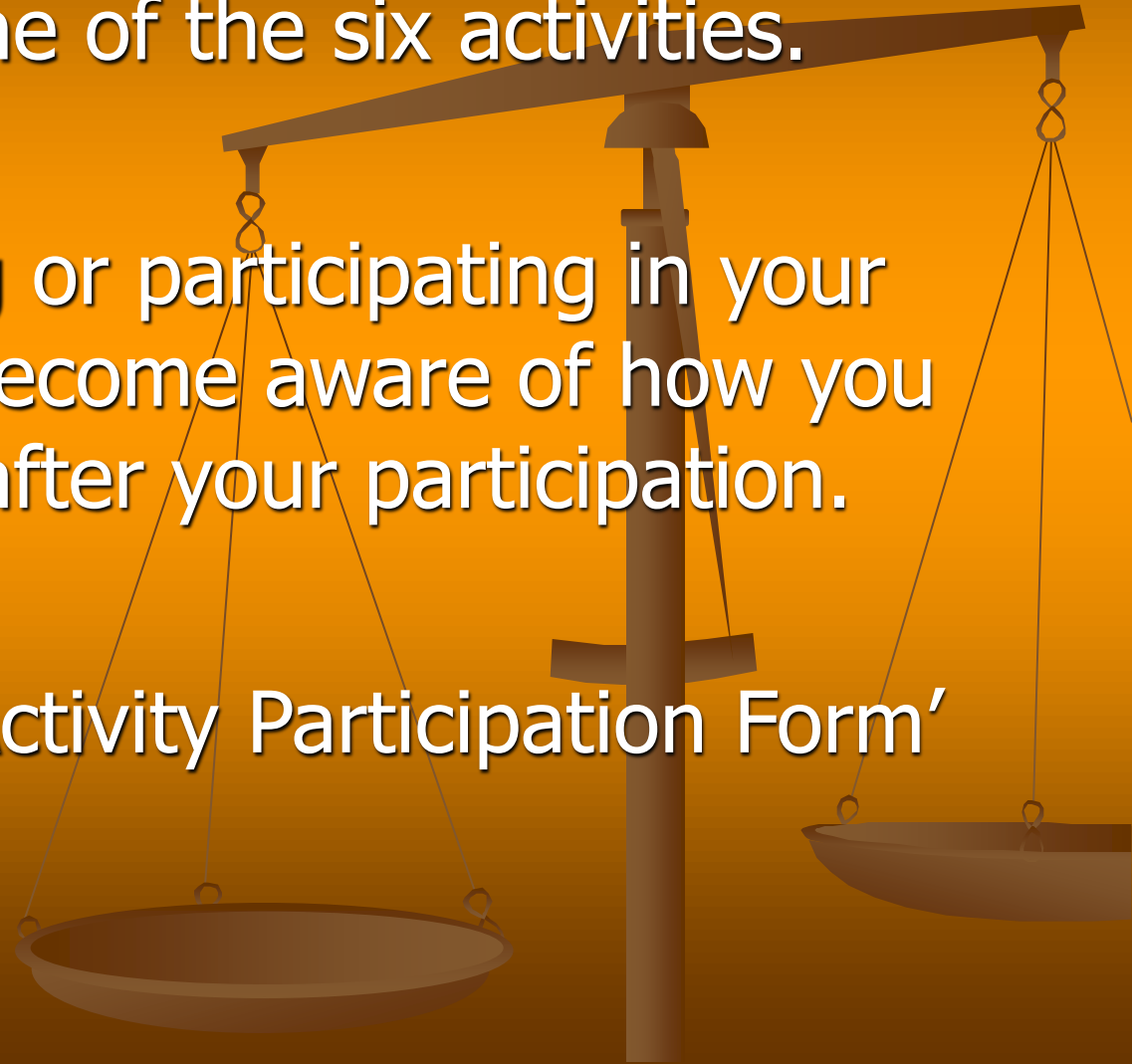
The Processing Cycle



- Experiencing –
The data generating stage.
- Reflecting –
In this stage experiences are turned into learning.
- Generalizing –
The meaningful question here is, “So What?”
- Applying –
The, “Now What?” stage

Applying the lesson

- Participate in one of the six activities.
- While observing or participating in your given activity, become aware of how you feel before vs. after your participation.
- Complete the 'Activity Participation Form'



Activity Participation Form

Type of activity (check all that apply)

- Board Game Card Game Interactive Cooperative
 Non-verbal Verbal Active Passive

Name of activity _____

Before the activity

	Poor										Excellent									
Mood	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
Social Connection	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
View of self	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10

After the activity






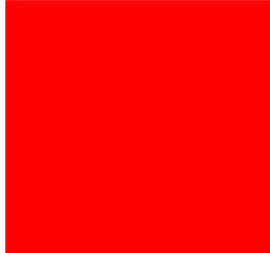
	Poor										Excellent									
Mood	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
Social Connection	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
View of self	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10

1. Identify what you enjoyed about the activity.

2. How could this have been a better experience?

Let's Experience It

Locate your location and activity by color

	Left Community Room	<u>Activity</u> Scattergories		Right Gym	<u>Activity</u> Outburst
	Right Community Room	<u>Activity</u> Outburst		Glass Foyer	<u>Activity</u> BLURT!
	Left Gym	<u>Activity</u> Guesstures		Front Hallway	<u>Activity</u> Scattergories

A decorative graphic on the left side of the slide, consisting of a vertical orange bar and a blue horizontal bar that overlaps the orange bar.

**Questions and
Feedback?**

Thank You