

pieces of play

01. RIGHT NOW I PLAY : Make a list of the games, sports, art, etc that you engage in currently. Do you consider yourself someone who loves to play or someone who is more resistant? At different stages in our lives we tend to be more or less connected to play: where are you at in your own life right now?

NOTES : Other things to remember.

02. WHAT I LOVED TO PLAY AS A KID : Looking back, what was your favorite way to play when you were growing up? Did you love organized activities or unstructured play? Did you play sports? Did you draw, paint, or embark on other kinds of creative play?

05. SOMETHING I'VE LEARNED FROM PLAY : Play teaches us a variety of things (many of which we learn when we were kids). What have you learned from play in your life? How has what you have learned from play helped you in your life?

03. PLAY SOUNDS LIKE : Make a list of what your own version of play sounds like. Think about the sounds you encounter when you are playing and document them. It is loud or quiet? Are you on your own or are you participating with a group?

06. PLAY DATE : When was the last time you played simply for the sake of playing? When was the last time you got together with a friend for an actual play date where there were few expectations of an outcome? Consider planning a play date - with someone in your life or on your own - and embarking on it today. Tell that story.

04. A PLAYFUL MEMORY : Think back in your life to a really fun memory of play. How old were you? What were you playing? What makes it such a vivid memory for you? Who was involved? Is it something you still play today?

07. WHY I PLAY : Have you ever written out or responded to the question of why you play? Why does play matter for you? What role does it make up in your own life? Why do you still play or seek out opportunities to play?