



PLAY HISTORY*

1. Reflect back on your childhood and visualize moments of play (playing board games, building Legos, riding a bike, playing with dolls, playing in the dirt, etc..)

2. Consider the qualities of that experience: were you inside or outside, were you alone or with friends, were you building things, was the time unstructured? _____

3. Consider how these qualities influence your current experiences of play. Do they offer ideas that you may have not considered of how you can play more? _____
