



PLAY HISTORY*

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

b. Keeping your favorite play times in mind, which of these play personalities do you think you are? (you can be more than one, jot notes below)

1. Joker-a Joker's favorite play revolves around any kind of nonsense! These are the practical jokers who also enjoy funny games and comedy.
2. Mover-Movers want to push their bodies and feel the result. Play for them might be dance, sports or enjoyable exercise. Other activities in this category include playing an instrument, gardening, physical contests or going to amusement parks.
3. Explorer-Explorers thrive on going to new places, either physically (going to new places), emotionally (new feelings via music or movement) and/or mentally (gaining new ideas or points of view).
4. Competitor-Competitors get a sense of euphoria and creativity from playing competitive games with rules, and they enjoy playing to win.
5. Director-These people are born organizers. As a result, their favorite play is planning and executing "scenes" (decorating, event planning, or social gatherings/parties).
6. Collector-Collectors like to have the best and the most of everything including interesting collections of objects (actual collections, furniture, dishes, art, etc.). Creative methods of collecting can involve antiquing, scrapbooking, redecorating periodically from collections; or cooking with collected cookware, recipes or ingredients.
7. Artist/Creator-for creators, joy is found in making things. The options are many, ranging from art, woodworking, pottery, sculpture, sewing, knitting, gardening, decorating, to fixing something broken. The fun is in the making or fixing, not necessarily the end result.
8. Storyteller-Storytellers imaginations are the key to play; actors, novelists, playwrights, cartoonists, screenwriters; OR reading or watching these stories. Other ways to play involving stories are photography or videography, blogging, recording stories of elderly relatives or taking a tour of an historical site.
9. Socialite-Social connectors have fun getting to know others during an activity. Any play will do if there is time to get to know each other. This can even include connecting with pets.

Step 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? _____

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

Step 4. What is stopping you from playing?

c. Old Parent tapes ("that's a waste of time"): _____

d. Current people in your life: _____

e. Too little time/what are you choosing over play/how are you structuring your time/do you leave time for interruption? _____

Step 4. Choose a play activity and **SCHEDULE IT!**

*This teaching and/or practices are adapted from A Course in Mindful Living created by Elisha Goldstein, Ph.D.