

**PLAY IS
ESSENTIAL.
PLAY IS
WELLNESS.**

**WHICH TYPE OF
PLAY DO YOU
NEED MOST
RIGHT NOW?**

RECESS FOR GROWN-UPS: WHY WE ALL NEED PLAY

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- Play is not just for children – it's a fundamental human need across the lifespan.
- Play strengthens the brain, reduces stress, sparks creativity, and builds resilience.
- As Stuart Brown, MD (National Institute for Play) says:

**"PLAY IS A STATE OF MIND,
NOT JUST AN ACTIVITY."**

TYPES OF PLAY

Attunement Play

- Builds trust, connection, presence

Body & Movement Play

- Joy in physical movement

Object Play

- Curiosity, tinkering, problem-solving

Imaginative Play

- Pretend, role-play, creativity

Social Play

- Shared games, collaboration, bonding

Rough-and-Tumble Play

- Energetic, cooperative, non-aggressive

Celebratory & Ritual Play -

- Traditions, ceremonies, shared joy

Storytelling & Narrative Play

- Shaping meaning, identity, and culture

Learn more: [National Institute for Play](#),
- [Types of Play](#).

WHAT PLAY DOES FOR BRAIN & BODY

- Releases dopamine → boosts motivation & joy
- Regulates the nervous system → stress relief
- Improves memory, adaptability, and innovation
- Builds empathy and strengthens social bonds
- Supports overall emotional resilience

MICRO-PLAY IDEAS FOR EVERYDAY LIFE

Small moments of play add up! Try:

- 3-minute dance break between meetings
- Drawing or doodling with your non-dominant hand
- Playing "Yes, And..." with a colleague's idea
- Taking a different route just to explore
- Post-it doodle wars in the break room
- Making up silly names or voices for ordinary tasks

RESOURCES & LINKS

- [National Institute for Play](#).
- Stuart Brown, *Play: How It Shapes the Brain, Opens the Imagination, and Invigorates the Soul*
- Brené Brown, *The Gifts of Imperfection* (Chapter on Play & Rest)
- Play research and TED Talks:
 - [Stuart Brown TED Talk: Play is More Than Fun](#)
 - [National Institute for Play - Adult Play](#).