

Purposeful Play

Lauren Yee & Maddy Gabor



DENVER
COLORADO

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#NACEEXP24



BettermentWorks.com

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Works** >>>>

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Hi 🙌

Betterment Works >>>>

Playful Professional Development

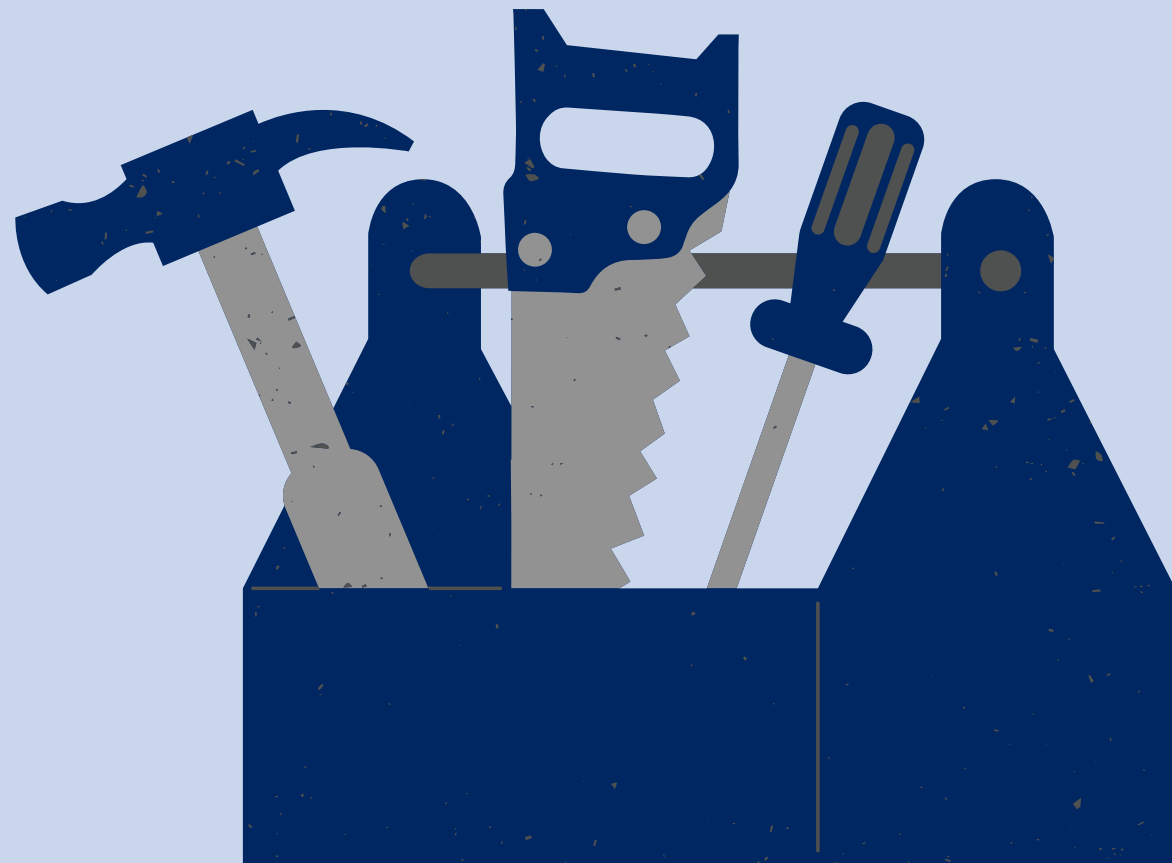
Toolbox Educators...

>>>> Betterment

>>>> Understanding

>>>> Support

Toolbox Takeaways



What we're covering today...

- **What is Play?**
- **Why and how is it beneficial?
(Personally & Professionally)**
- **Brain Science**
- **What leaning into play looks like in practice?**

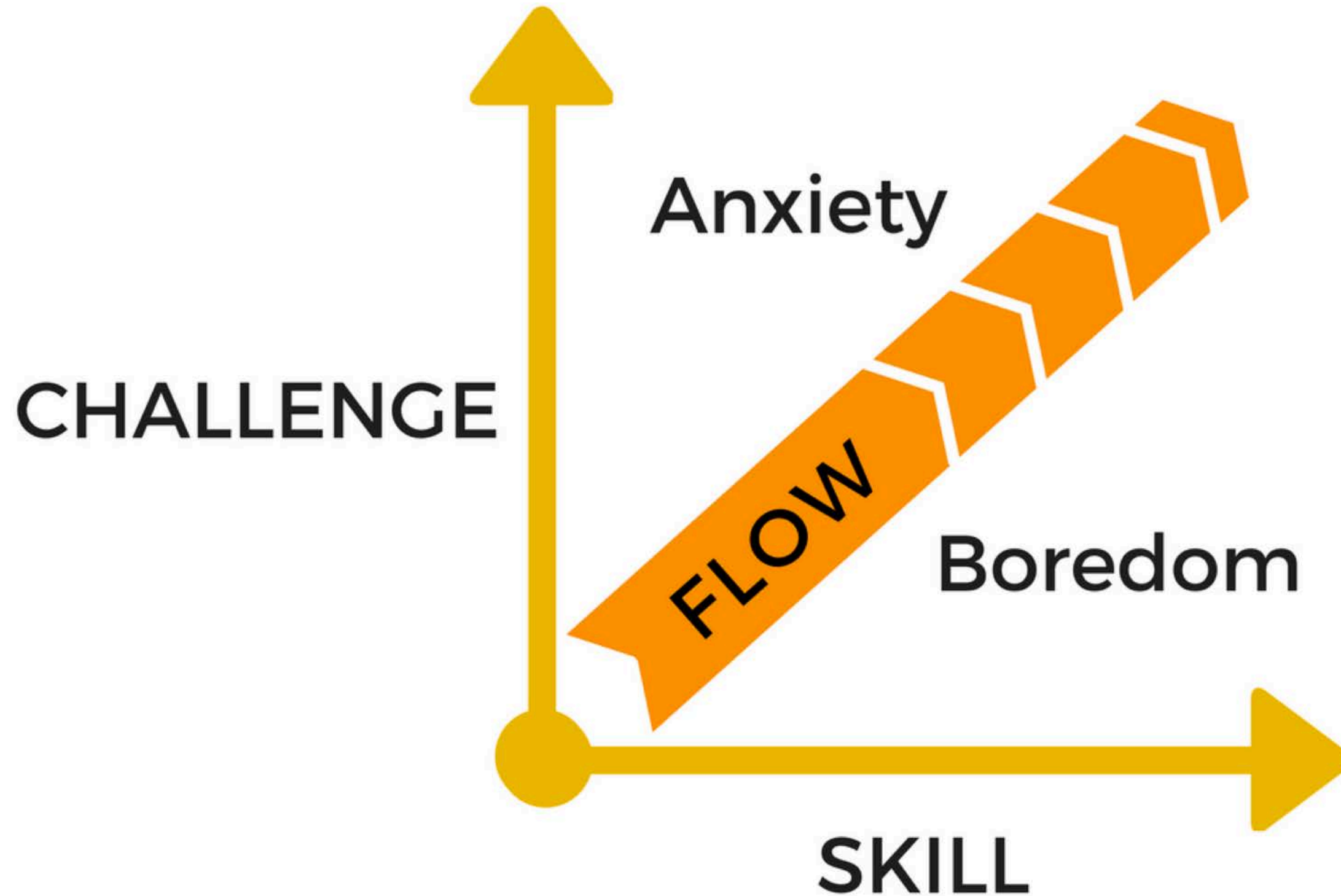
What Is Play?

What is Play?



- Something enjoyable that you want to be doing.
- Allows you to be fully present & engaged.
- A useful tool for practice and learning.

Play as Flow

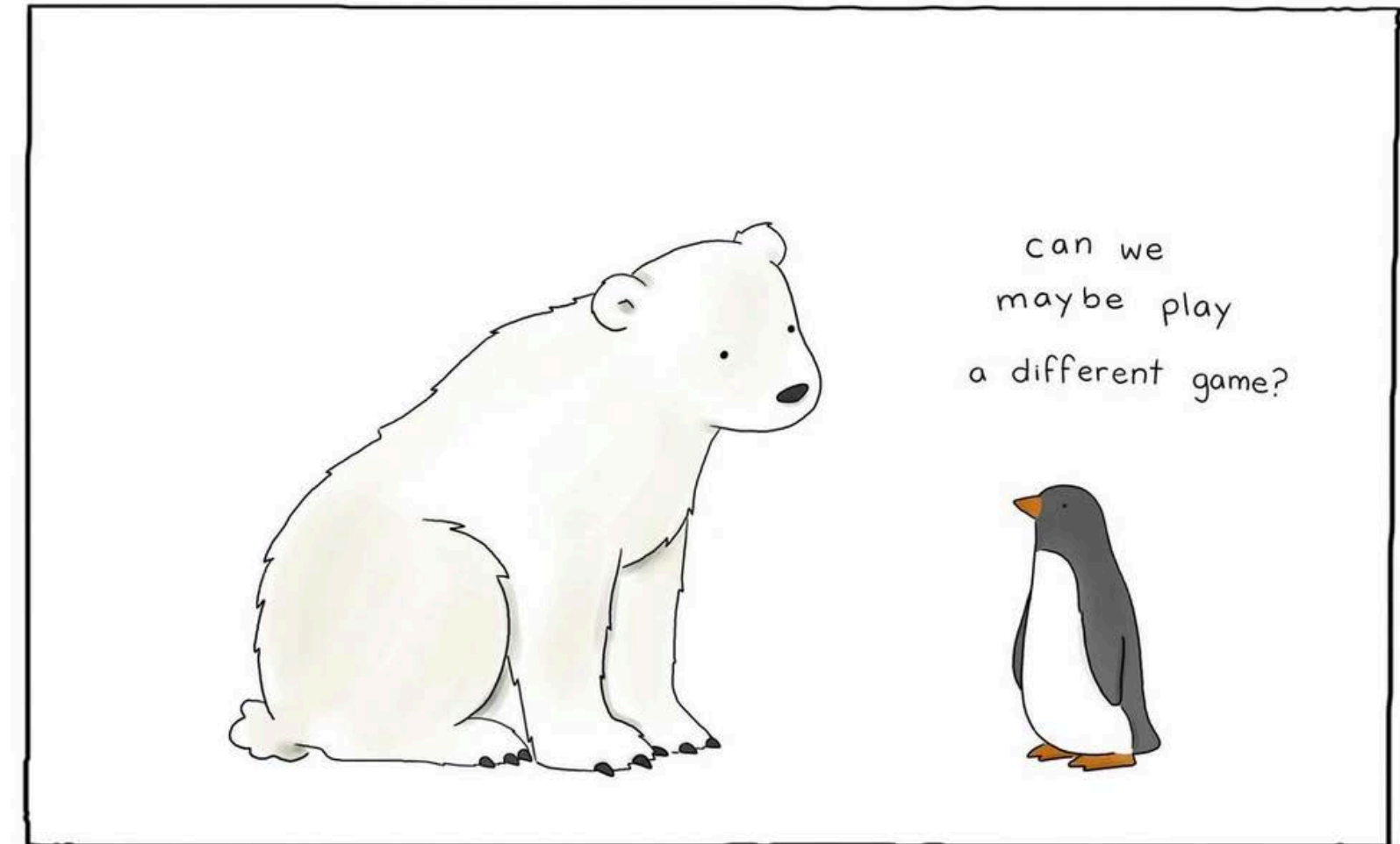


Play is beneficial!



Individual

Individual



lizclimo.tumblr.com

Growth & reflection tool

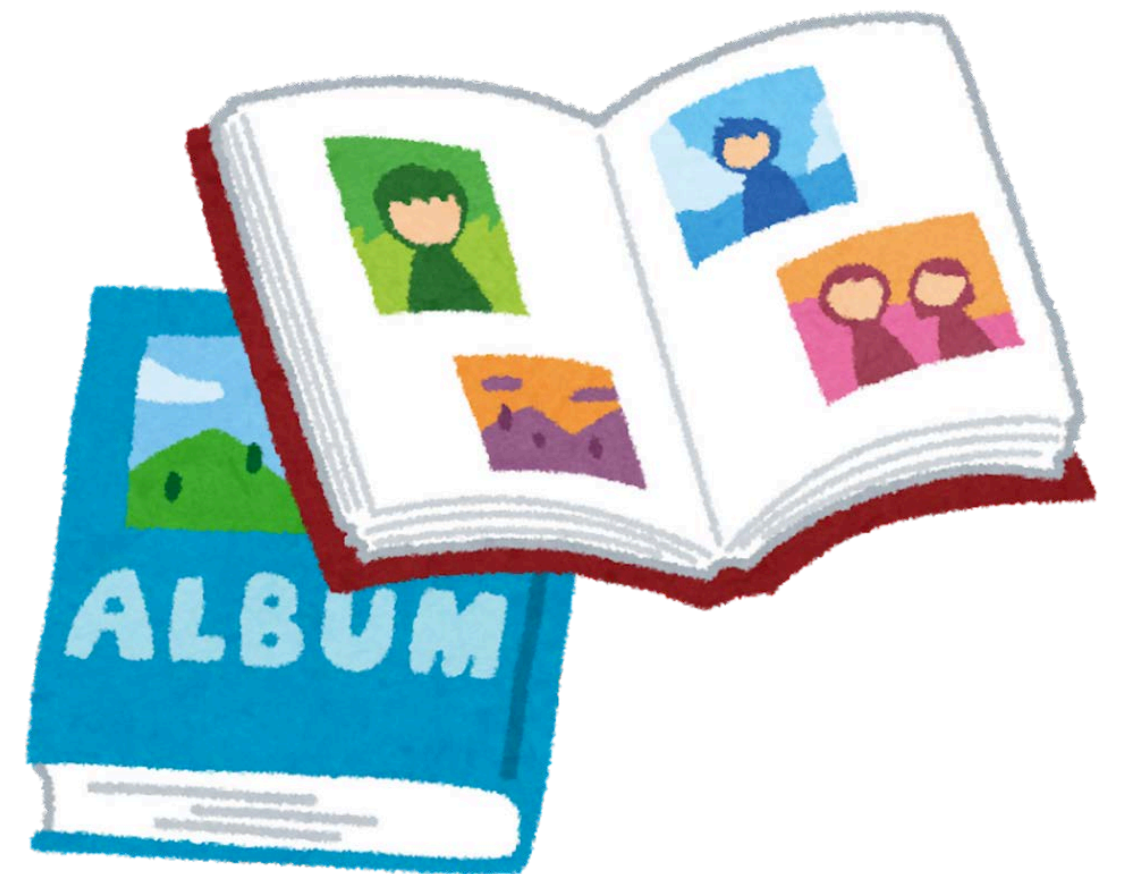
Task shifting & reenergizing

Process vs results

Individual Reflection

Think of your favorite memory of playing as a kid...

- Who else was involved?
- What was the environment like?
- Were there any goals?
- Cool outfits?
- Sensory experience?



CHOOSE YOUR PLAYER



PLAYER 1:

STORY TELLERS & STORY CONSUMERS

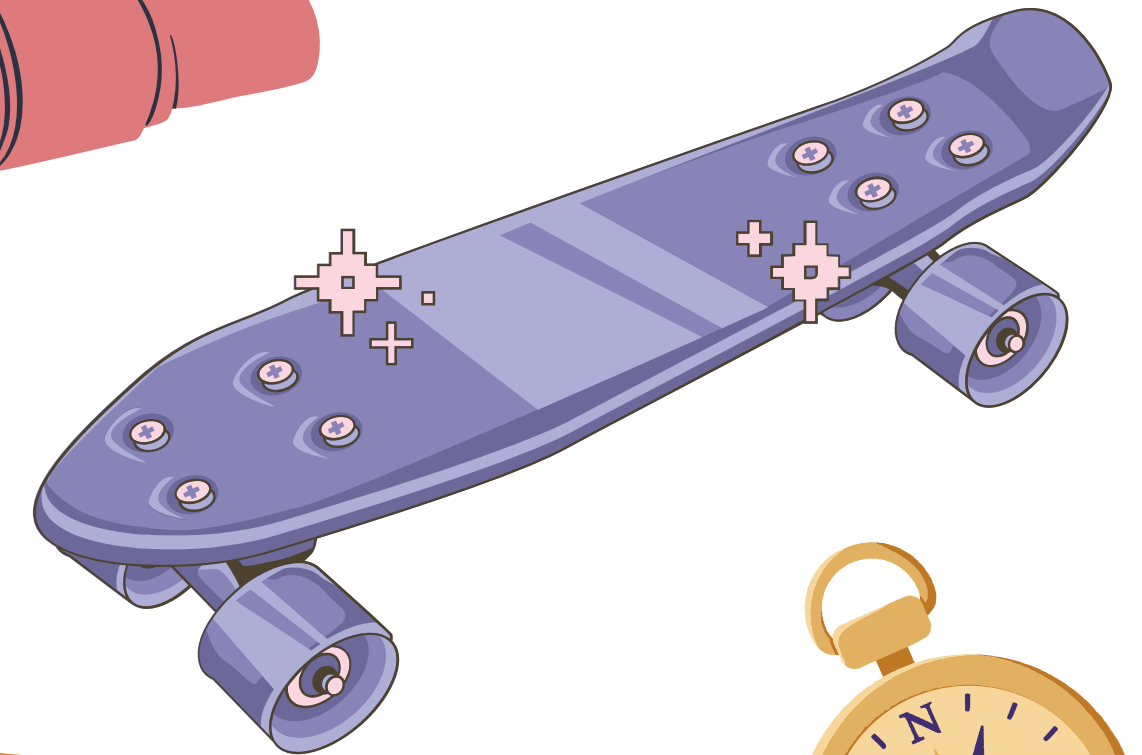
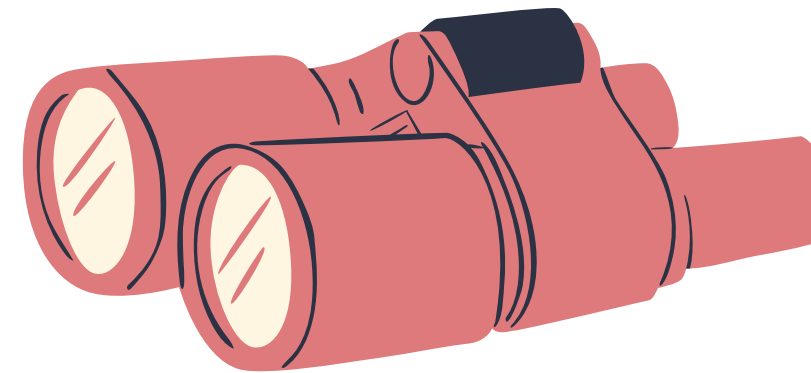
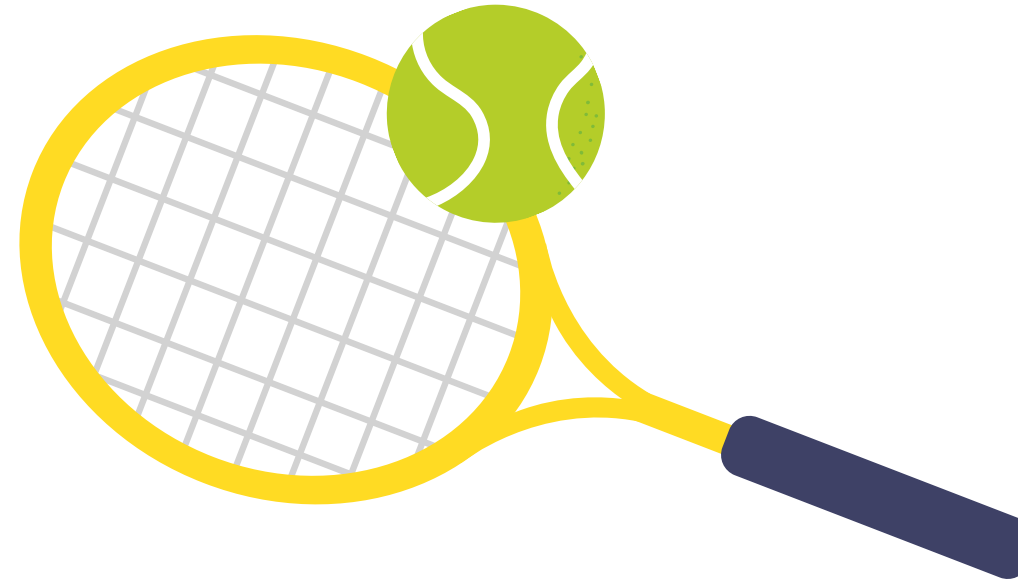
- Performances
- Plays / Skits
- Dances
- Reading



PLAYER 2:

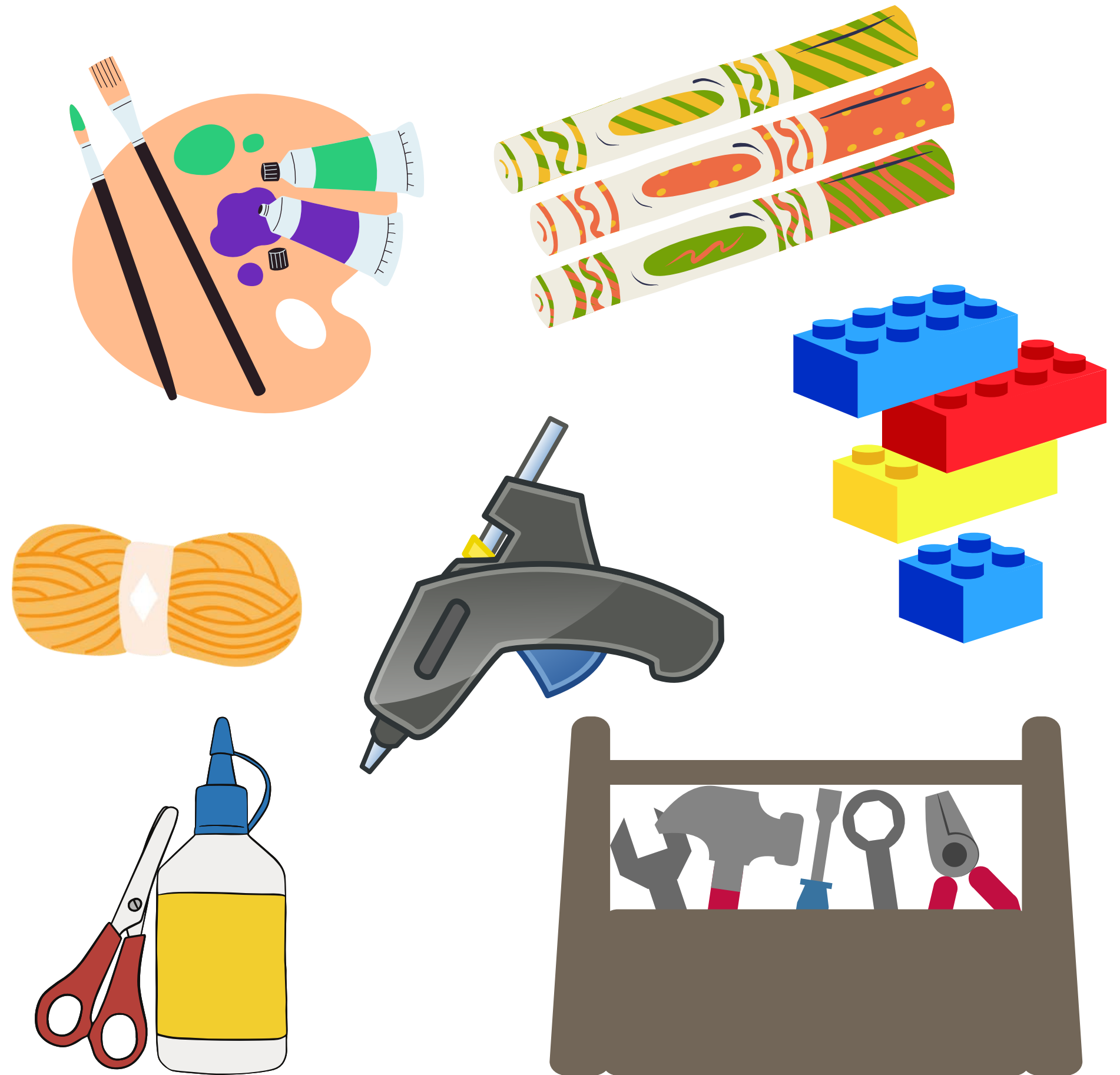
ACTIVE ADVENTURERS

- Adventure
- Sports
- Hiking



PLAYER 3: CRAFTERS, BUILDERS, & TINKERERS

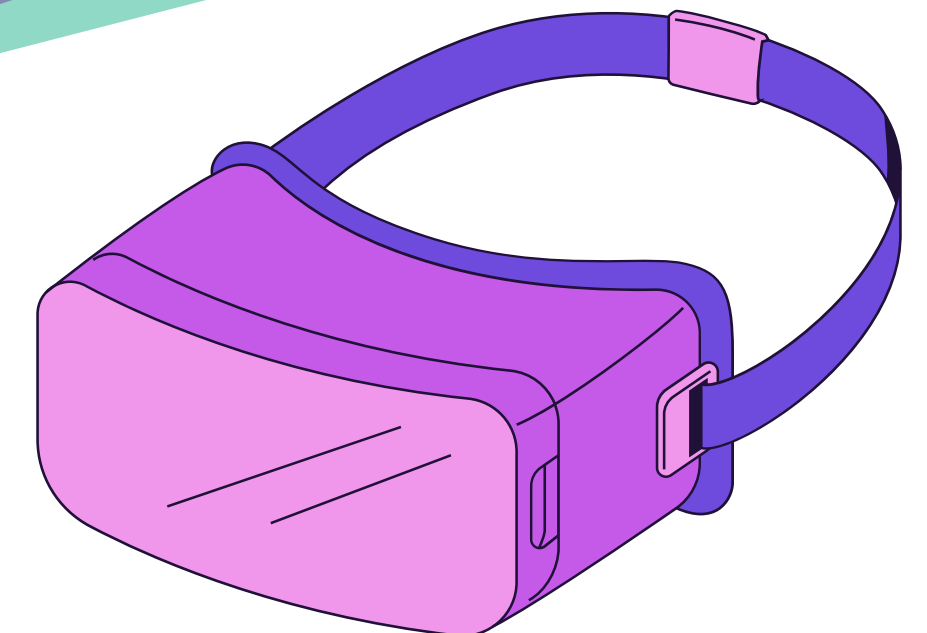
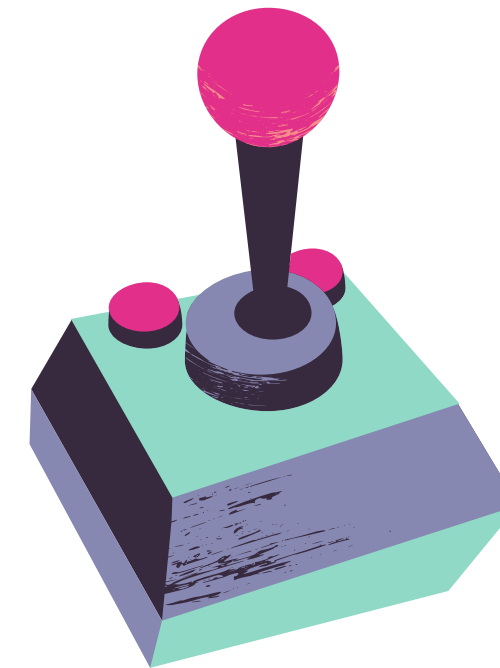
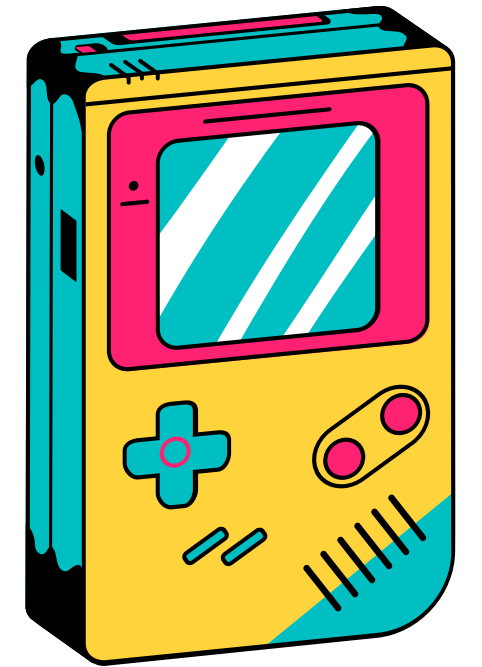
- art projects
- taking things apart
- model making



PLAYER 4:

VIRTUAL PLAYERS

- Console & Computer Games
- VR



PLAYER 5:

TABLETOP / PUZZLE STRATEGISTS

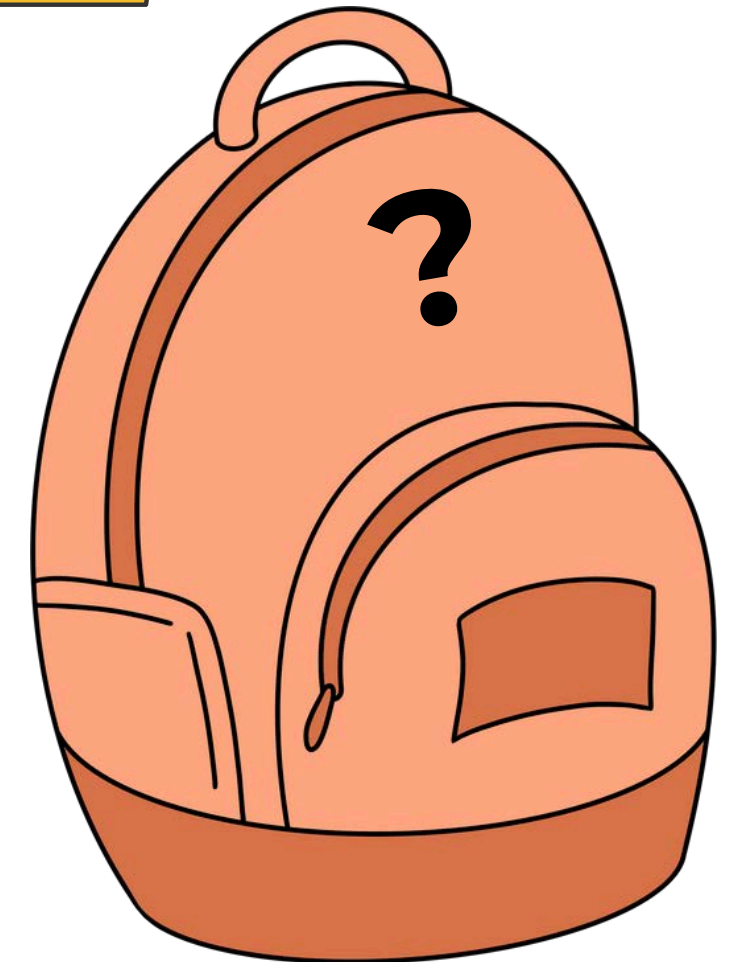
- Cards
- board games
- crosswords
- jigsaw puzzles



PLAYER 6:

FREE SPIRITS

- Go with the Flow
- Just Happy to Be Here



Choose Your Player

- 1) Story Tellers & Story Consumers
- 2) Active Adventurers
- 3) Crafters, Builders, & Tinkerers
- 4) Virtual Players
- 5) Tabletop / Puzzle Strategists
- 6) Free Spirits

Choose Your Player

BACK OF ROOM

1) Story Tellers &
Story Consumers

4) Virtual Players

2) Active
Adventurers

5) Tabletop / Puzzle
Strategists

3) Crafters, Builders,
& Tinkerers

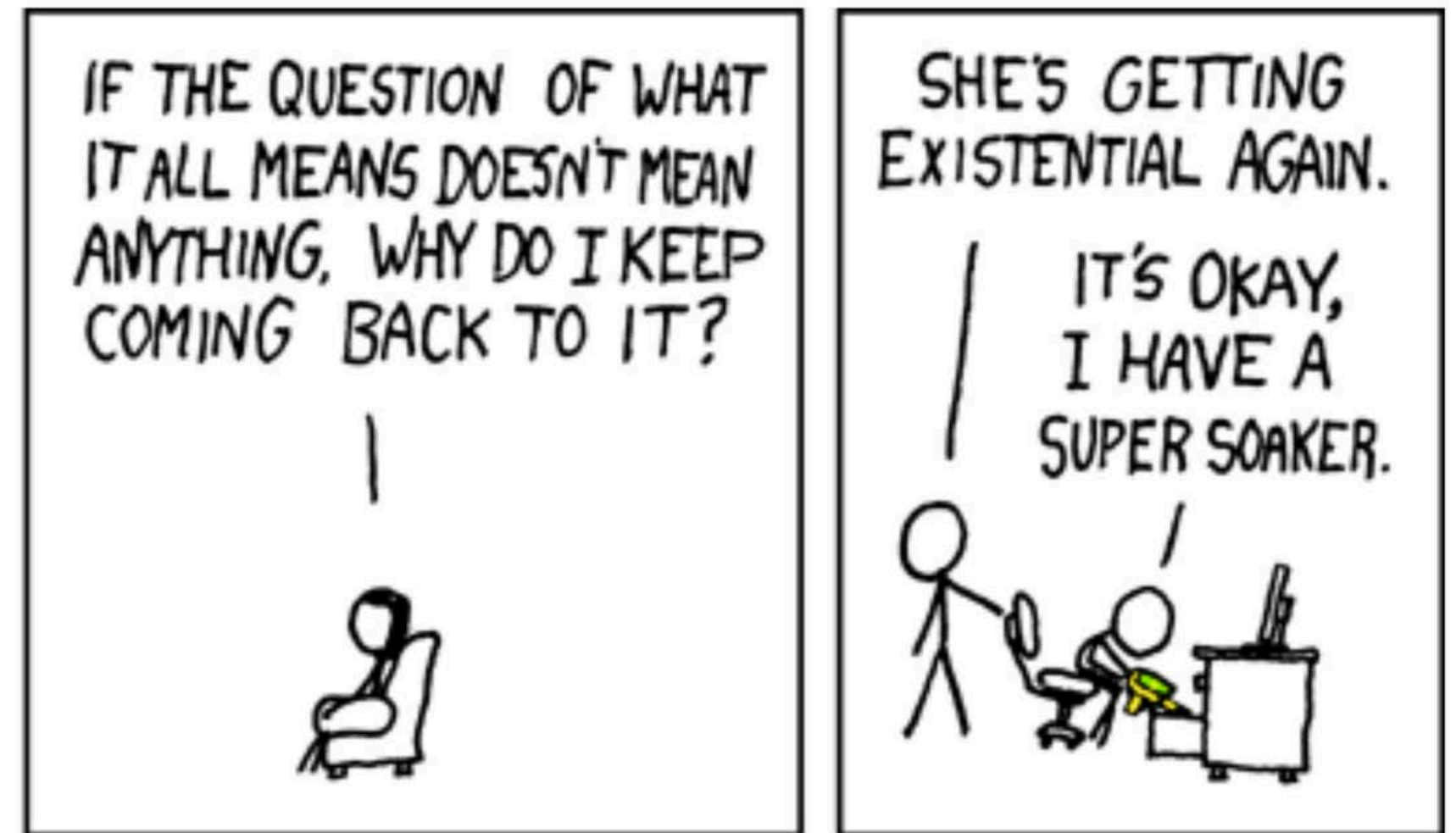
6) Free Spirits

FRONT OF ROOM

Interpersonal

Interpersonal

- **Highly inclusive**
- **Communication tool**
- **Holistic connection & community**
- **Power of shared giggles**

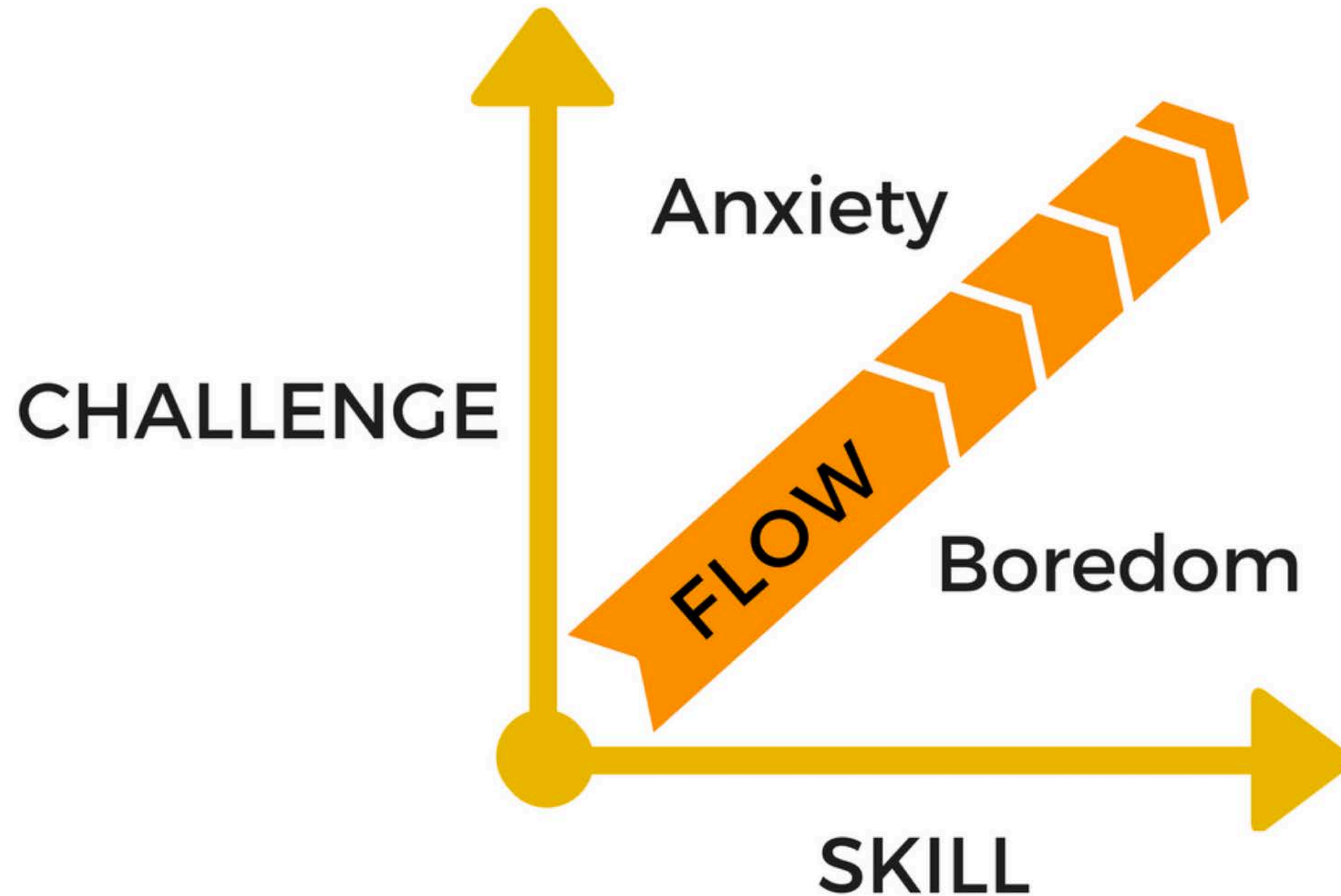


3-2-1... Words!

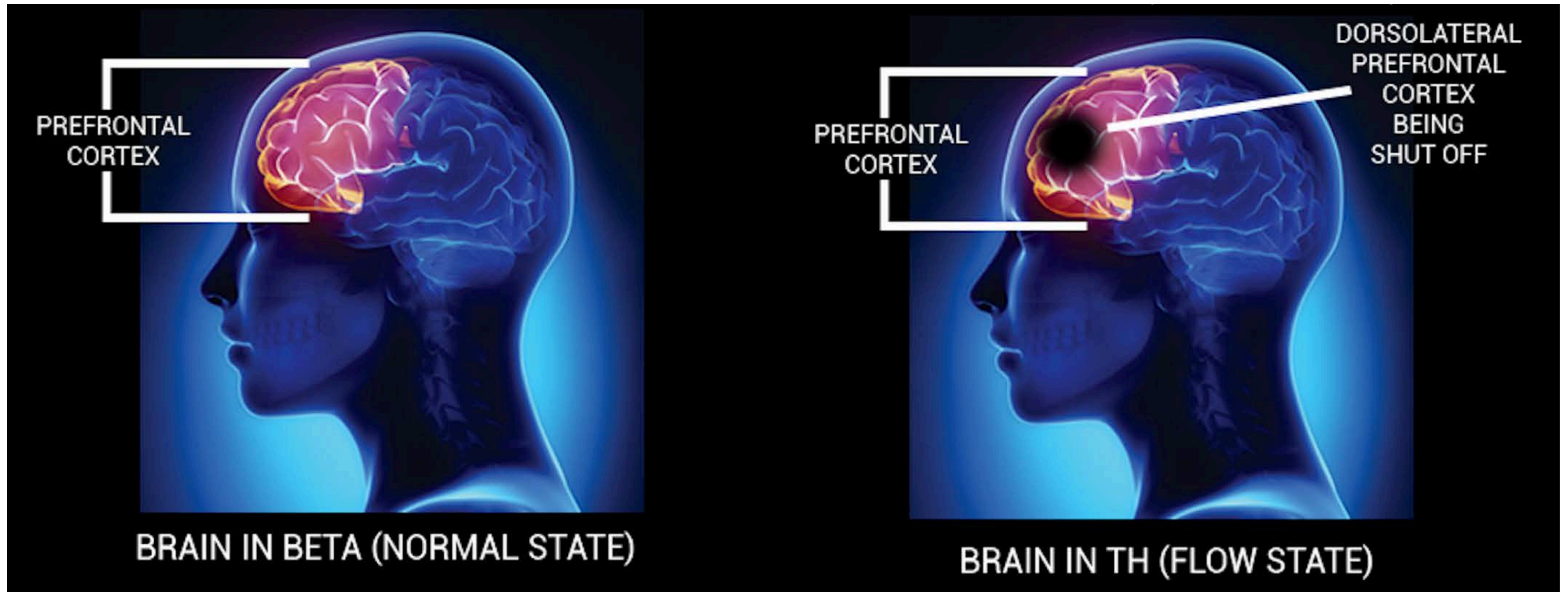
- Each pick a word, say “3-2-1-[word]”. You can repeat, but can not clarify.
- Think individually about what one word connects those words, when you have, look each other in the eyes and say “OK/READY”.
- When both are ready, say “3-2-1-[new word]”.
- Keep going until you get the same word, or have attempted for 5 rounds.

Brain Science

“Flow”



Transient Hypofrontality



Brain Science



Cerebral Cortex Sam

Brain Science

D

DOPAMINE

- meditate
- daily to-do list
- long term goals
- food rich in L-Tyrosine
- exercise regularly
- create something:
writing, music, or art

O

OXYTOCIN

- physical touch
- socializing
- massage
- acupuncture
- listening to music
- exercise
- cold shower
- meditate

S

SEROTONIN

- exercise
- cold showers
- sunlight
- massage

E

ENDORPHINS

- laughter/crying
- creating music/art
- eat dark chocolate
- eat spicy foods
- exercise/stretching
- massage
- meditate

Industry

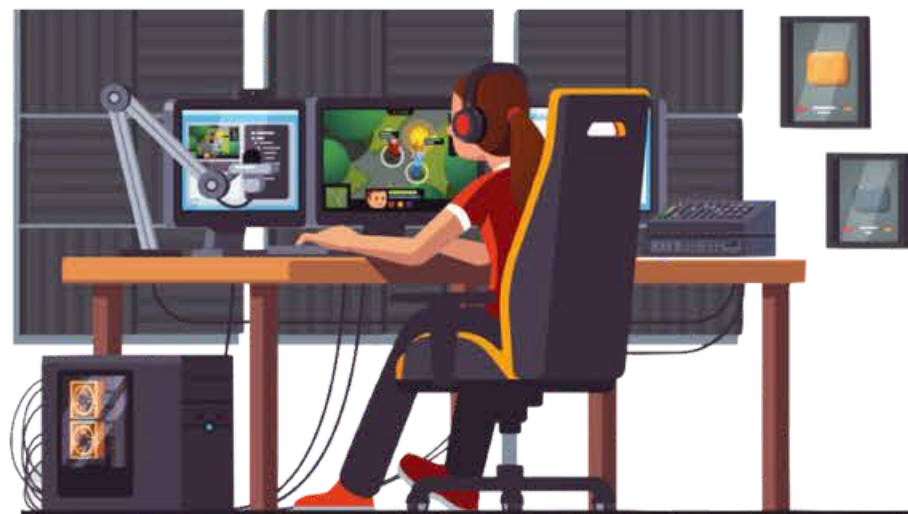
Industry

Steven Johnson

You'll find the future wherever people are having the most



Industry



 YouTube



Play in Practice

Playing at Work

- **Problem Solving**
 - Priming manipulation
 - Intentional Distraction
- **Team Building**
- **Productivity**
 - Parallel Play

Playing in Life

- **Better/more authentic choices**
- **Stop Burnout**
- **Curiosity & Learning**

What have we learned?

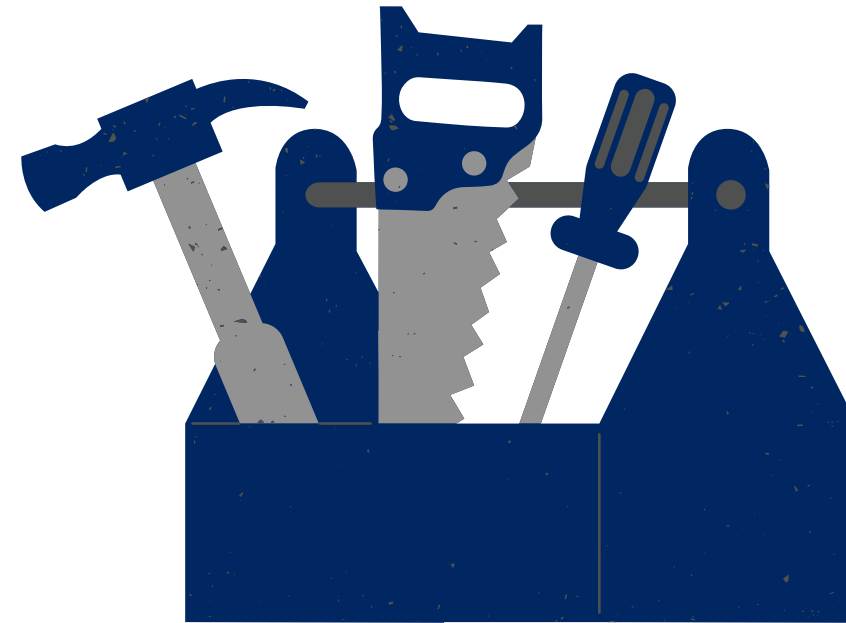
What have we learned?

- **There are a lot of benefits to play.**
- **Play is a great window into a person's spirit, it promotes vulnerable openness**
- **Useful for understanding yourself and others.**
- **Can be used as a tool for work and life.**

Toolbox Takeaways



Maddy



Lauren

