

What's On Your Family Play List? Play Is Anything But Trivial

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What's On Your Family Play List?

In the book, "Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul," Dr. Stuart Brown explains that play is anything but trivial. It is a biological drive as integral to our health as sleep or nutrition. We are designed by nature to flourish through play. As we approach summer and having family time and vacations, think about how play can enter into your time together.

The book explains why play is essential to our social skills, adaptability, intelligence, creativity, ability to problem solve and more. Particularly in tough times, we need to play more than ever, as it's the very means by which we prepare for the unexpected, search out new solutions, and remain optimistic. In fact, play just might be the most important work we can ever do.

One point that Dr. Brown makes again and again is that true play requires a person to let go of pride and self-consciousness. A game of Twister would be horrible if everybody were concerned about what others thought of them. In short, play requires humility. Developing a humble spirit around others allows one to truly play with others- and since play is that which fosters creativity, a culture where humility is the rule is a far healthier culture, economically and socially.

Play is the cornerstone of happiness and being a parent gives us the opportunity to play without getting weird looks when we let our silly sides to show.

So, what is on your family's play list? What fun do you have planned in the coming summer months that can engage the whole family? If your family play list needs some work, use the next family meeting to discuss this topic. Have each member of the family answer the following three questions:

1. What activity makes you lose track of time?
2. What makes you feel free and away from the "have-to's"?
3. What activity allows you to be yourself?

For more info on holding a family meeting, visit this previous blogpost: www.coachmyrna.org/blog/family-meetings-recipe-for-success

Next, figure out what types of play all of you share. Then, plan your family's next play outing or activity. Need some ideas to get started? Check out this site: fatmumslim.com.au/32-fun-family-activity-ideas-together/

To purchase my book on
Amazon: www.amazon.com/gp/product/B09L7KS5VH

If you would like to know more about what I offer as a coach, please visit my website: www.coachmyrna.org/ Find out more about Safe Conversations www.coachmyrna.org/safe-conversations.html.

