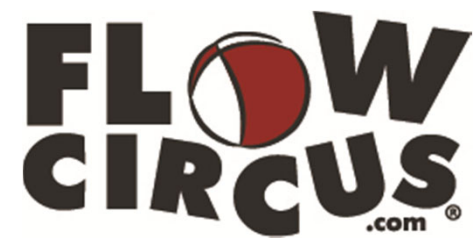


# Lead with Play

*Creating Engagement & Connection in 3 Steps*



# What is Play

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- Pleasurable
- Voluntary
- Intrinsically Motivated
  - Immersive
- Done for own sake

*Playing not performing.*



# Kinetic Play



Physically moving objects around your body in order to master tricks for the fun of it.

- tossing
- flipping
- spinning
- swinging



# Why Play?

## Benefits:

- *Lower Stress:* Increases endorphins and lowers cortisol
- *Develop coping strategies:* Practicing for unpredictable
- *Improved brain function:* Creates new neural connections
- Increases optimism, creativity, and improves mood
- *Social Connection:* become attuned to people playing with



*“When play is denied over the long term,  
our mood darkens.”*

Dr. Stuart Brown

# 2021 Study

University of Colorado Denver

To see how a *playful approach* would affect the student learning experience, Dr. Lisa K. Forbes:

- embodied a playful personality
- included games and play at the start of her class
- wove in competitions and role plays into content

**Results:** Students described the following

- *high engagement, persistence, and openness to learning activities*
- *more excited and motivated to engage with the hands-on and interactive nature of play*
- *a sense of relational safety and a warm, inclusive classroom*
- *inspired vulnerability and authenticity in front of peers - typically difficult to do in class.*

# Start Simple

**Get Curious**

# Find Flow

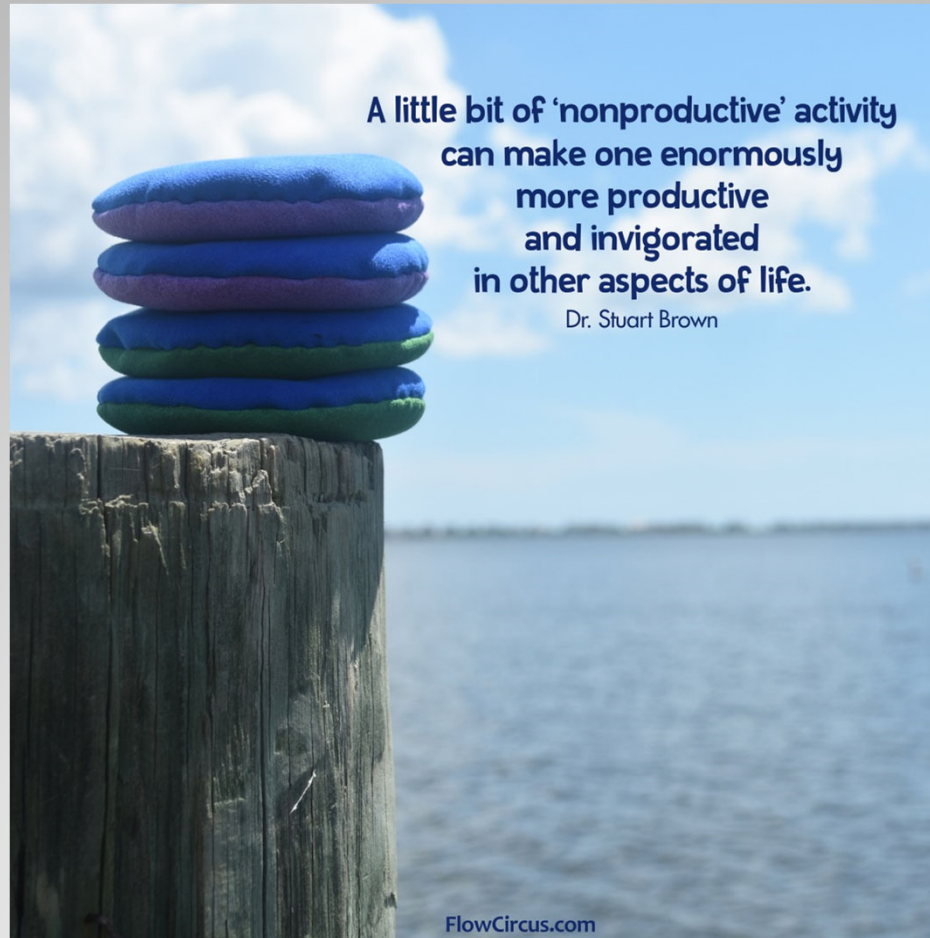


# Play Personalities

Dr. Stuart Brown

Type	Finds joy in:	Examples
<b>Collector</b>	Interesting collections of objects or experiences	Coins, antiques, shoes, souvenirs from travels
<b>Competitor</b>	Games with rules to win	Sports, e-sports, board games
<b>Creator/artist</b>	Making things	Painting, pottery, knitting, gardening, interior design
<b>Director</b>	Planning and executing scenes/events	Event and party planning
<b>Explorer</b>	Searching for new experiences physically, emotionally, or mentally	Traveling, trying a new restaurant, researching a new subject
<b>Joker</b>	Clowning and foolishness	Telling jokes, practical jokes
<b>Kinesthete</b>	Movement - competition isn't the focus	Yoga, dance, jump rope, tennis, running
<b>Storyteller</b>	Creating or engaging with imaginative stories	Writing, acting, reading

# Keep Floppin'



# Keep Floppin'

Instructional  
videos

Links to play  
research

Group  
engagement  
ideas

