

- Name
- Role
- What led you to choose this workshop/what are you hoping to get from today?

KAISER PERMANENTE
**EDUCATIONAL
THEATRE
PROGRAM**

IN COLLABORATION WITH
**Oregon
Children's
Theatre**

Laughaceuticals: Play as Collective Care

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Objectives:



How play and laughter can:



Improve mental and physical health



Build social skills and strengthen social bonds



Incorporate into the digital and in-person workplace

*"Any activity can be play or not play.
The secret sauce is playfulness."*

— Ben Mardell, researcher and educator,
Project Zero

Play is voluntary!

"The ultimate freedom in play is the freedom to quit. A person who feels coerced or pressured to engage in an activity [...] is not a player but a victim."

- Peter Gray, PhD

Research professor and author of *Free to Learn*





Reflection:

What skills did we use to succeed at this activity?

What made this activity feel like play?

How do activities like this build community?

"It is through social play that children learn [...] how to meet their own needs while, at the same time, satisfying the needs of others. This is perhaps the most important lesson that people in any society can learn."

-Peter Gray





EIGHT PLAY PERSONALITIES

OR

What makes "fun" fun for you?

Adapted from Stuart Brown, M.D., Author; *Play: How it Shapes the Brain, Opens the Imagination and Invigorates the Soul*



1. The Joker

What is it?

This is the fun, the silly, and the nonsensical.

What falls under this play personality?

- Silly voices, prat falls, the kid who becomes the prankster or the class clown. This play personality is most prominent in children.
- Activities like improv comedy, sketch comedy, or stand-up comedy fall under this personality.



2. The Kinesthete

What is it?

Physical activity, but without an emphasis on competition.

What falls under this play personality?

Running, bike riding, acro yoga, dancing, yoga, swimming, hiking, slacklining, hula-hooping.



3. The Explorer

What is it?

This can be at many levels - physical, mental, emotional, or spiritual.

What falls under this play personality?

Traveling, reading, seeking out new music, art, going to new attractions or places, meeting new people.



4. The Competitor

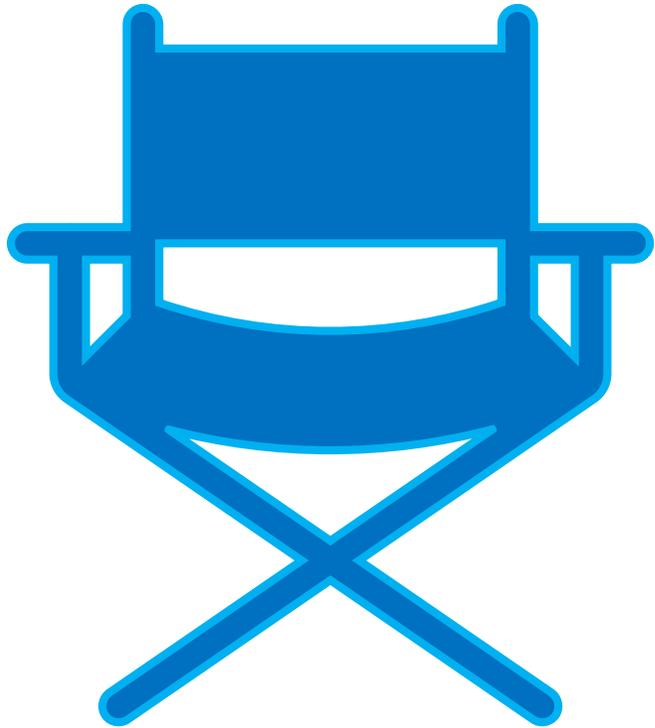
What is it?

The goal is to win - individually, or in teams.

What falls under this play personality?

Sports, board games, video games.

(This is the play personality most organizations like to focus on.)



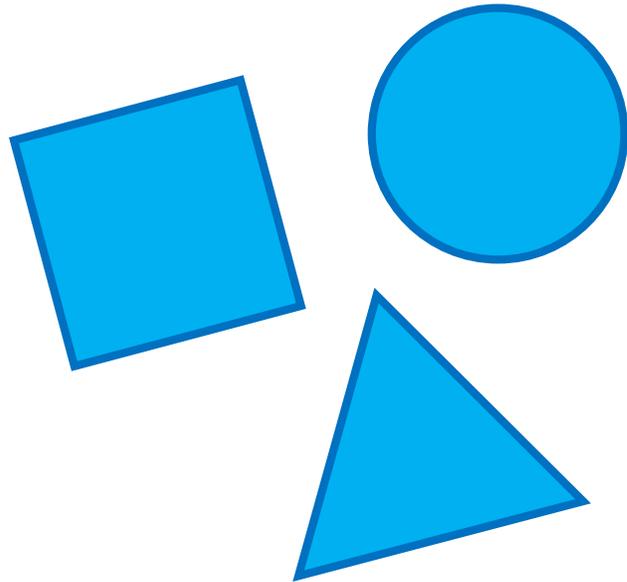
5. The Director

What is it?

Planning, organizing, directing.

What falls under this play personality?

Making movies, making music, organizing parties, planning events, cooking for large groups.



6. The Collector

What is it?

Collecting! What else?

What falls under this play personality?

Coins, baseball cards, beanie babies, plants, stamps, clown paintings, shoes, etc etc etc....



7. The Artist/Creator

What is it?

Designing, decorating, constructing.

What falls under this play personality?

Painting, sculpting, making music, doodling, photography, writing.....



8. The Storyteller

What is it?

This play personality focuses on the imagination.

What falls under this play personality?

Reading, watching movies, poetry, playing tabletop games like Dungeons and Dragons.

Play Personality Blackout Bingo!



3 minutes



For each play style, find someone in your group with a REAL-LIFE EXAMPLE of a practice that appeals to that play style.



Choose one person to scribe! You will be asked to share when we return!



The group who has checked off the most play styles in 3 minutes WINS!!!!

<p>The Joker</p>  <p>Example:</p>	<p>The Explorer</p>  <p>Example:</p>	<p>The <u>Kinesthete</u></p>  <p>Example:</p>
<p>The Competitor</p>  <p>Example:</p>	<p>FREE</p>	<p>The Director</p>  <p>Example:</p>
<p>The Collector</p>  <p>Example:</p>	<p>The Artist/Creator</p>  <p>Example:</p>	<p>The Storyteller</p>  <p>Example:</p>

SHARE OUT!

Joker

Kinesthete

Explorer

Competitor

Director

Collector

Artist/Creator

Storyteller



Reflection:

How did this activity appeal to different play styles?

Did anything surprise you while doing this activity?

BENEFITS OF
PLAY

Are those diamonds?

No, they're actually
RHYMEstones!

Limerick #1

Our attendance boasts excellent turnout
Despite all the work we still churn out
Retention rates soar
When work isn't a bore
A culture of play prevents _____

BURN OUT!

Sources: "Playing Up the Benefits of Play at Work," Association for Psychological Science, 2017.

www.psychologicalscience.org/news/minds-business/playing-up-the-benefits-of-play-at-work

Research has found evidence that play at work is linked with less fatigue, boredom, and burnout. Play is also positively associated with job satisfaction, sense of competence, and creativity. Studies show that when a participant receives a task that is presented playfully, they are more involved and spend more time on the task. It is also associated with significantly improved learning outcomes in children.

Limerick #2

These days I'm not such of a mess
And even my blood pressure's less
My endorphins are flowing
And my cortisol's slowing
All this fun is reducing my _____

STRESS!!

Source: Ajiboye, Tolu. "Adults Need Recess, Too: Here's Why You Should Make Time to Play." NBCNews.com, 2018.

www.nbcnews.com/better/health/adults-need-recess-too-here-s-why-you-should-make-ncna887396

- Play and laughter have been shown to reduce the release of the stress hormones cortisol and adrenaline, and trigger the release of endorphins, which elevate your mood and help you relax after a stressful day.
- According to one researcher, *"Having a playful mind is the most important thing, and implementing 'play-time' into your daily routine will strengthen your ability to cope with stress and bring joy into your life."*

Limerick #3

In terms of supporting my partnerships
Games and fun have worked better than
Cosmo's tips

We're playing together

So we're staying together

Being playful has improved my _____

RELATIONSHIPS

Source: "The Benefits of Play for Adults." HelpGuideOrg International, 2020.

www.helpguide.org/articles/mental-health/benefits-of-play-for-adults

Sharing laughter and fun can foster empathy, compassion, trust, and intimacy with others. Playing together brings joy, vitality, and resilience to relationships. Play can also heal resentments, disagreements, and hurts. Through regular play, we learn to trust one another and feel safe.

RESOURCES

[Drama Based Pedagogy Teaching Strategies](#)

[Virtual Games to Play with Your Elementary Classroom](#)

[25 Virtual Classroom Games and Activities](#)

[Arts Based Brain Breaks PDF](#)

Zip, Zap, Zoom Videos:

[Watch Zip, Zap, Zoom for grades 2/3](#)

[Watch Zip, Zap, Zoom for grades 4/5](#)

[Watch Zip, Zap, Zoom for grades 5/6](#)

SOURCES

[Everything You Wanted to Know About Play at Work - 8 Play Personalities by Peter Gray](#)

[Stress Relief From Laughter? It's No Joke – Mayo Clinic](#)

[How Laughter Can Relieve Stress – University of St. Augustine for Health Sciences](#)

For more information, visit us at etpnorthwest.org or email tamara@octc.org