

## How to fit more play into your day

Play means doing something for the joy of it. Playful activities are fun, low pressure and something you choose to do.

### Why it matters

- adding small moments of play into your day is proven to relieve stress and increase connection with colleagues
- play is critical for learning because it activates our brain for problem-solving and creativity.

Dr Stuart Brown defines play as:

*"an absorbing, apparently purposeless activity that provides enjoyment and a suspension of self-consciousness and sense of time."*

### Coach yourself questions

When was the last time you were playful at work?



How could you include more play in your day?



## Ideas for playing at work and playing with your work



### Playing at work

#### 1. Pockets of play

Add small moments of play to your day either individually or as a team

#### Ideas for individuals

- explore playing with [Wordle](#), [protobot.org](#) or LEGO

#### Ideas for teams

- create a team gallery of self portraits with your non-dominant hand
- use playdough to share ideas or tell stories (e.g. create the shape of your career)
- at a team event, set up play stations so people can choose how they want to play.

### Playing with your work

#### 2. Playing with presenting

Pick a low pressure presentation and play with how you present. This could look like:

- presenting using drawing ([Paper by WeTransfer](#))
- a [PechaKucha](#) presentation
- presenting only with AI generated images.

#### 3. Playing with meetings

In your meetings think about how you could include more play. This could look like:

- a vision board session
- use connection cards to ask unusual questions
- introduce doodle time at the start of a meeting
- pick a song to start / end your meeting with.

## Recommended resources



Use our [free list of playful questions](#) as a first resource when thinking about fitting more play



Learn how [Heidi Edmundson](#) introduced fun into the lives of A&E staff



Helen and Sarah's conversation exploring [why we need humour at work and how we can create more space to smile](#)