



# BALL

Resilience through play and other re-creative activities

# *Goal, Touch Down, Home Run!*

- **Goal:** for you to loosen up ,be more playful, and play more effectively with others in order to build individual & team resilience
- **Objectives:** by the end of the session you will:
  1. Use their imaginations to create team-building games
  2. Identify the defining roots and creative balance provided by play and recreation
  3. Consider the impact of play on personal resilience and team esprit de corps
  4. Discuss the impact of play/playfulness on their personal and professional resilience

# Puppies Play Ball



# So Can You!



# What, exactly, is play?

The word **PLAY** is derived from the German word *pflegen*:

**“to care for”**

**Play:** an attitude of freedom, exploration, and joy

**Recreation:** an engagement in those activities that give balance to life, provide for meaningful relationships with others, promote opportunities for creative experiences, and enhance self-understanding

# Play-full Resilience

## Play to Re-Set

- Get a fresh take on a situation.
- Open your mind to new possibilities.

## Play to Re-Create

- Renew your body, mind and spirit.
- Stay connected with others.

## Play for the Good of the Group

- Enhances group spirit
- Helps individuals accept a meaningful role in the group
- Enhances group unity
- Frees group up for other shared experiences
- Safety valve to maintain group integrity

# Talk About Play

- Who brings out the playful side in you? How do they do it?
- Are you more comfortable with *scripted* play with predictable outcomes? Or are you willing to go with the flow of *spontaneous* play?
- Are you a good sport, a bad sport, or some combination of the two?
- How often do you block *downtime*, for fun and play, on your calendar?



# BALL

**It is a happy talent to know how to play.**

- Ralph Waldo Emerson  
American writer

**Play is training for the unexpected.**

- Marc Bekoff  
Contemporary American biologist

**Those who play rarely become brittle in the face of stress or lose the healing capacity for humor.**

- Stuart Brown, MD  
Contemporary American psychiatrist

**Play is hard to maintain as you get older. You get less playful. You shouldn't, of course.**

- Richard Feynman  
American physicist