

Play Ball!

Slides 1 & 2

Share Training Goal: participants better able to loosen up , be more playful, and play more effectively with others to build individual and team resilience.

Share Objectives: by the end of the session participants will be able to:

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

Time	Activity	Materials
25 min.	Introduction	PPT Slides Projector, Screen Video Hyperlink Bin/Basket Toys: balls, buckets, hoops, sticks, spinners, dice, rings, etc.
15 min.	Information	PPT Slides
15 min.	Implications	PPT Slides
5 min.	Inspiration	PPT Slides

Slide 3 & 4

Introduction (slide 3)

1. **Say**, “Before we get into the importance of play in our own lives, let’s take a moment to enjoy some puppies at play. These pooches take their ball playing seriously. We can learn a lot from them.”
2. **Show** video clip from Puppy Bowl XII. <https://www.youtube.com/watch?v=PxNxrVErW7I>

Introduction (slide 4)

1. **Divide** the group into teams of 3 or 4, depending on group size.
2. **Have** each group choose 3 items from the bin of toys/objects.
3. **Invite** the groups to come up with a simple game or challenge that uses at least 2 of the 3 items they selected.
4. **Allow time** for the groups to practice demonstrating their game or challenge.
5. **Invite** each group to demonstrate their game or challenge for the larger group in a Play for All.

Slides 5 & 6

Information (slide 5)

1. **Say**, “So, what have we just been doing, and why in the world have we been doing it at work? We’ve been practicing our play. It’s funny to think that sometimes adults need to practice playing. When we were kids we just did it, but as adults some of us need to relearn the fun and value of play.”
2. **Note** the root of the word play. It’s rooted in the German word *pflegen* which means **to care for**. When we play we not only have a bit of fun, but this fun helps us to care for our bodies, minds and spirits.
3. **Also note** that play is more than just an **activity** that we do in our free time, it is also an **attitude** that can infuse our working life, even as Civil Servants doing vital and serious work. Play and recreation can help to keep us balanced, and personally on track, so that we don’t get overwhelmed by work circumstances. We can take our work seriously, but not necessarily ourselves quite as seriously. People need us to be energized and focused. Play can help us to do that.

Information (slide 6)

1. **Note** the following about play for personal resilience:
 - a. Play can help us to **re-set**, when life or work throws us a curve ball. Taking some time out to throw a ball or play some little game can help us to get a fresh take on a troubling situation. Or it can open our minds to new possibilities for solving a problem.”
 - b. Play can also help us to **re-create** ourselves in body, mind, and spirit. Breaking down the word recreation into re-creation helps us to see how primal this is. Have you ever finished up some re-creative activity and said to yourself or aloud, “I feel like a new man/woman.” That’s what play and/or a playful attitude can do for you!
2. **Note** the following about play for team resilience:
 - a. Helps individuals accept a meaningful role in the group.
 - b. Provides a safety valve to maintain group integrity. Effective and resilient teams understand the vital role that each member plays. They also know that tension can arise and, therefore, plan for play in order to release pressure.

Slide 7

Implications

1. **Return** participants to their groups of 3 or 4 members from the game-making activity.
2. **Invite** them to discuss the questions on the slide.
3. **Reassemble** the large group (after 5-10 min.) and invite a representative from each team to share discussion highlights with the whole group.

Slide 8

Inspiration

Invite individuals to volunteer and read each of the quotations, ending with the quotation about play as we get older.