

## Resources on Play

### Some Research on Play

- **American Journal of Play** <https://www.journalofplay.org/>
- **National Institute for Play** <https://www.playcore.com/drstuartbrown>
- See research on *Humor in the Workplace*

### Snippets of Definitions & Concepts of Play

**From the National Institute for Play** <https://www.playcore.com/drstuartbrown>

- "You can discover more about a person in an hour of play than in a year of conversation." Plato
- "The opposite of play is not work, it's depression." – Brian Sutton-Smith
- Purposeless, all-consuming, fun – Stuart Brown
- Kenneth Rubin and his colleagues (1983) characterized play as behavior that is (a) intrinsically motivated; (b) focused on means rather than ends; (c) distinct from exploratory behavior; (d) nonliteral (involves pretense), (e) free from externally imposed rules; and (f) actively (not just passively) engaged in by the players.
- Peter Gray (2009, 2013) Play is self-chosen and self-directed, intrinsically motivated (means are more valued than ends); guided by mental rules, with room for creativity, imaginative, alert, active, relatively non-stressed frame of mind

**Miriam Webster Dictionary** <https://www.merriam-webster.com/>

"free or unimpeded motion" "move or series of moves calculated to arouse friendly feelings"  
"absence of serious or harmful intent" "spontaneous activity" "fiddle around with" "frolic aimlessly and with whimsy" "behave frivolously"

**Dictionary.com** Dictionary.com

"engage in activity for enjoyment and recreation that than serious or practical purpose"

**Cambridge Dictionary:** <https://dictionary.cambridge.org/us/>

"spend time doing something enjoyable or amusing; take part in a game

<https://www.npr.org/sections/ed/2014/08/06/336360521/play-doesnt-end-with-childhood-why-adults-need-recess-too>

### **Stuart Brown: Why Playing is Vital?**

[https://www.plays-in-business.com/stuart-brown-why-playing-is-](https://www.plays-in-business.com/stuart-brown-why-playing-is-vital/#targetText=%2D%20Stuart%20Brown,and%20adult%20problem%2Dsolving%20skills)

[vital/#targetText=%2D%20Stuart%20Brown,and%20adult%20problem%2Dsolving%20skills.](https://www.plays-in-business.com/stuart-brown-why-playing-is-vital/#targetText=%2D%20Stuart%20Brown,and%20adult%20problem%2Dsolving%20skills)

- "Play goes even deeper it shapes our brains to make us smarter and more able to adapt to situations."
- Play makes us smarter – at any age. Biological drive as integral to our health as sleep or nutrition. Essential to develop social skills and adult problem-solving skills.

## **More Dr. Stuart Brown on Play**

### **NPR**

Brown, S. (2015) "How does play shape our development?" TED Radio Hour  
<https://www.npr.org/2015/03/27/395065944/how-does-play-shape-our-development>

Brown, S. (2014) "Play doesn't end with childhood: Why adults need recess too." All Things Considered <https://www.npr.org/blogs/ed/2014/08/06/336360521/play-doesnt-end-with-childhood-why-adults-need-recess-too>

### **PBS**

"The promise of play TV series on PBS." Institute for Play  
[http://www.instituteforplay.com2promise\\_of\\_play.htm](http://www.instituteforplay.com2promise_of_play.htm) July 17, 2014

- Episode One: The Mother of Invention
- Episode Two: A World of Your Own Play
- Episode Three: The Heart of the Matter

Brown, S., Vaughn, C. (2009) **Play: How it shapes the brain, opens the imagination, and invigorates the soul**, New York: Avery.

(A few quotes)

- "When we play, we are engaged in the purest expression of our humanity, the truest expression of our individuality." P. 5
- "The ability to play is critical not only to being happy, but also to sustaining social relationships and being a creative, innovative person." P. 6
- "The beneficial effects of getting just a little true play can spread through our lives, actually making us more productive and happier in everything we do." P. 7

### **TEDx**

Brown, S. (2008) "Play is more than just fun."  
[https://www.ted.com/talks/stuart\\_brown\\_says\\_play\\_is\\_more\\_than\\_fun\\_it\\_s\\_vital/transcript?language=en#t-5050](https://www.ted.com/talks/stuart_brown_says_play_is_more_than_fun_it_s_vital/transcript?language=en#t-5050)