

IN ADULTHOOD, ENGAGING IN PLAY HAS BEEN SHOWN TO LOWER STRESS LEVELS AND INCREASE PROBLEM SOLVING.

Types of Play

WHAT TYPES OF PLAY DO YOU ENGAGE IN?

Object Play

Lego
Model Building
Jenga
Jig-Saw Puzzles
Snowball Fights

Body Play

Dancing
Swimming
Yoga
Hiking
Surfing
Riding Roller Coasters

Social Play

Board Games
Sports
Card Games
Strategy Games
Chess

Imaginative Play

Colouring
Story Telling
Acting
Drawing
Painting
Creating

Rough & Tumble Play

Diving
Battling
Wrestling
Tug-o-war
Dodge Ball
Team Sports

References:
Brown, S. (n.d.). Retrieved March 5, 2020, from https://www.ted.com/talks/stuart_brown_play_is_more_than_just_fun?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare

The Importance of Play in Adulthood. (2018, September 17). Retrieved from <https://wanderlust.com/journal/the-importance-of-play-in-adulthood/>