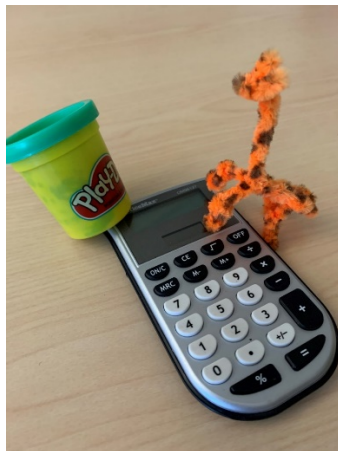


Field Guide to Play

Cultivate a playful library culture

December 7, 2023

Facilitated by Kieran Hixon, Christine Kreger, & Sharon Morris



Workshop Objectives

Greater understanding of play & the benefits of play at work.

Clarity on your play personality.

Plan for adding more play into your work.



COLORADO
Department of Education

INTRODUCTION

AGENDA

- Introduction
- Defining Play
- Benefits of Play
- Your Play Style
- Play at Work
- Play with Others



DEFINING PLAY

YOUR EARLY EXPERIENCES WITH PLAY

RESEARCH TERMS USED TO DEFINE PLAY

Purposeless Intrinsically motivated All-consuming Nonliteral (involves pretense) Active (not passive)
 Fun Self-directed Engaging Self-chosen Imaginative
 Requires attention Non-stressed frame of mind Freeing (unimpeded movement) Arouses friendly feelings
 Increases joy Absent of serious, practical, or harmful intent Spontaneous activity Aimless
 Whimsical For enjoyment and recreation

YOUR DEFINITION OF PLAY



*"The opposite of play is not work,
 it's depression."*
 — Brian Sutton-Smith

BENEFITS OF PLAY AT WORK – (BROWN)

- ❖ Better work relationships
- ❖ Increases productivity
- ❖ Reduction in stress
- ❖ Skill development
- ❖ More creative
- ❖ Increases intelligence
- ❖ More adaptable

Your notes on benefits



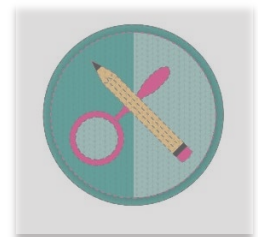
“Play is the highest form of research.”
— Albert Einstein

PLAY TYPES & YOUR PLAY PERSONALITY

WHICH PLAY TYPES MOST RESONATE FOR YOU?

<p>Joker <i>Jokes, humorous remarks, puns, hilarious stories, nonsense, practical jokes</i></p>	<p>Kinesthete <i>Movement, dance, active sports (not to win), yoga, physical play</i></p>	<p>Explorer <i>Venture to the unknown, new things or ideas, visit new places</i></p>
<p>Competitor <i>Being your best, like specific rules and clear winners, keeping score</i></p>	<p>Director <i>Natural organizer, fun in planning and executing events, being in control, work magic</i></p>	<p>Collector <i>Collect the most, rarest, best, of things that interest you, things or places</i></p>
<p>Creator/Artist <i>Making something out of nothing, doodling, process rather than results, make or fix things</i></p>	<p>Storyteller <i>Imaginative, creating stories to tell or show, make things interesting through story</i></p>	<p>Other?</p>

COMBINE PLAY TYPES TO DEFINE YOUR UNIQUE PLAY PERSONALITY



"Individually, we are one drop. Together, we are an ocean."

— Ryunosuke Satoro

PLAY AT WORK

Play on a busy day

Play after a dip in energy

Play when it's stressful

Benefits You Want

- Better work relationships
- Increased productivity
- Reduction in stress
- Skill development
- More creative
- Increased intelligence
- More adaptable

Your Play Style

Your Ideas for Play (& others)



PLAY WITH OTHERS – TEAM PLAY

Benefits You Want

- Better work relationships
- Increased productivity
- Reduction in stress
- Skill development
- More creative
- Increased intelligence
- More adaptable

Your Play Style as Part of a Team

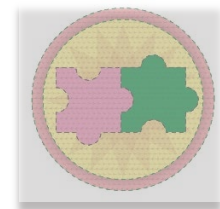
Your Ideas for Play for Teamwork

LIBRARY CULTURE

1. What area will benefit from more play?

2. How will you experiment with play in public services?

3. How will you share play with your team?



“Almost every attribute of your potential – from intelligence to creativity to leadership to personality and engagement --- is interconnected with others.”

— Shawn Achor

REFERENCES & RESOURCES

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“Get behind other people’s success. Your life was built on other people’s dreams, so let’s not let them down.”

— Dionica Nava