Field Guide to Play

Cultivate a playful library culture

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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.

Made possible through the Institute of Museum and Library Services (IMLS) administered by the Colorado State Library.
**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**

<table>
<thead>
<tr>
<th>Purposeless</th>
<th>Fun</th>
<th>Intrinsically motivated</th>
<th>Self-directed</th>
<th>All-consuming</th>
<th>Engaging</th>
<th>Nonliteral (involves pretense)</th>
<th>Self-chosen</th>
<th>Active (not passive)</th>
<th>Imaginative</th>
</tr>
</thead>
<tbody>
<tr>
<td>Requires attention</td>
<td>Increases joy</td>
<td>Non-stressed frame of mind</td>
<td>Freeing (unimpeded movement)</td>
<td>Absent of serious, practical, or harmful intent</td>
<td>Spontaneous activity</td>
<td>Aimless</td>
<td></td>
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</tbody>
</table>

**YOUR DEFINITION OF PLAY**

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“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

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“Play is the highest form of research.”
— Albert Einstein
# Play Types & Your Play Personality

## Which Play Types Most Resonate for You?

<table>
<thead>
<tr>
<th>Joker</th>
<th>Kinesthete</th>
<th>Explorer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jokes, humorous remarks, puns, hilarious stories, nonsense, practical jokes</td>
<td>Movement, dance, active sports (not to win), yoga, physical play</td>
<td>Venture to the unknown, new things or ideas, visit new places</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Competitor</th>
<th>Director</th>
<th>Collector</th>
</tr>
</thead>
<tbody>
<tr>
<td>Being your best, like specific rules and clear winners, keeping score</td>
<td>Natural organizer, fun in planning and executing events, being in control, work magic</td>
<td>Collect the most, rarest, best, of things that interest you, things or places</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Creator/Artist</th>
<th>Storyteller</th>
<th>Other?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Making something out of nothing, doodling, process rather than results, make or fix things</td>
<td>Imaginative, creating stories to tell or show, make things interesting through story</td>
<td></td>
</tr>
</tbody>
</table>

## Combine Play Types to Define Your Unique Play Personality

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______________________________________________________________________________________________
______________________________________________________________________________________________
“Individually, we are one drop. Together, we are an ocean.”
— Ryunosuke Satoro
# Play at Work

*Play on a busy day*

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__________________________________________________________________________________________

*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

BOOKS


ONLINE

❖ American Journal of Play [https://www.journalofplay.org/](https://www.journalofplay.org/)


❖ National Institute for Play [https://www.playcore.com/drstuartbrown](https://www.playcore.com/drstuartbrown)


❖ Schutte, Kate. (April 21, 2012). Minute improv yes and. [https://www.youtube.com/watch?v=MHnMRTnXOwk](https://www.youtube.com/watch?v=MHnMRTnXOwk)

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