

Let's Play!

Is 'play' a big part of your life?

Would you want it to *play* a bigger part in your life? ;)

What kind of playful activities would you want to weave in?

What kinds of feelings would you want to experience while you're playing?

Anyone you're called to play with?

Any childhood playful activities that you would like to reclaim?

What would you guess are some of the benefits of playing more as an adult for you specifically?

Does anything make you nervous about playing more? Any other resistance coming up?

Do you want to plan for play? How? Do you want spontaneous play as well?

Any other fun ideas about play coming up for you as you write?

Any support you guess could be helpful around this topic?