

Play – Adults need it too

We tend to think of play as just something for children to do before they start the important job of actually learning and being taught. It's something that we as adults have grown out of as we get down to the serious business of work, earning a living and doing all the grown up things that need to be done. If we are very lucky we may have time for some play – card games, golf, squash, tennis, football etc but these are all time bound, rule-bound and judged. When did you last ask someone just finishing a game of golf, tennis or even coming in from jogging if they had fun what we ask is, 'Did you win? What was your score? How far did you run and did you beat your best time?'

What play really is, is spontaneous, it's full of promise, surprises and free-form moments of fun. But most of all – you can make 'mistakes' but you can't get it wrong.

A person who never made a mistake never tried anything new. – Albert Einstein

From the enormous amount of research that has been carried out on childrens play we now know that 'play' is vital for childrens learning and development, it helps them make sense of the world and the people around them. It gives them the courage to explore, to experiment, to imagine, to be creative but most of all it teaches them how to be powerful and capable people.

And it turns out that 'play' is important for adults too, not the rule bound play of 'adult games' but the serendipity and wonder of 'free-form' play. We need the fun of all that 'silly' stuff of life, the chance to take a risk, freedom from the fear of getting it wrong, a chance to use our imagination and creativity.

Play gives us:

- Stress reduction
- Relaxation
- Better concentration
- Opportunity to see ourselves as strong and powerful people
- Coping strategies when things go wrong
- Better problem solving
- A creative and imaginative mind

**We at McKenna Smith Wessex believe in play and can help you rediscover it.
Have you got the courage to bring aspects of play to your business life?**

Logic will get you from A to B. Imagination will take you everywhere. – Albert Einstein