We All Need to Play

Everybody Played

Lais Caroline Pellenz

BEFORE YOU READ: Does your family play together? What is fun (or perhaps not fun) about adults and children playing together?

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When I think about my childhood, the first memory that comes to mind is playing hide-and-seek. I know that it is a very common game, but it was special to me because my whole family played, including parents, aunts, uncles, and cousins. It was a wonderful time when the adults in my family could be children again.

It was a weekend routine: every Sunday we had lunch with the whole family at my grandmother’s house. All of us kids would wolf down our lunches, so we could start the game as soon as possible. When it was time to play, kids and adults began running in every direction. I could see aunts helping nephews climb trees, kids hiding in small places, and my grandmother freaking out if someone—all dirty and sweaty—was hiding inside the house. Everybody was trying to find the best place to hide. I loved feeling of the wind on my face as I ran, and my heart beating fast in my chest as I hid quietly in my hiding place.

Our game could only be played at my grandparents’ house. They had a big property with a lot of grass and trees, and small huts with chickens and pigs. If you heard the chickens clucking and running, you could be sure that someone was hiding between their nests. If, at the end of a round, some kid was missing, you might find her at the top of a tree. She probably got stuck.

Today, I’m 20 years old and living in the U.S., so I no longer have the chance to play this game with my family. I keep thinking how good it was being a child: the innocence in every act, the surprise at every new thing learned, the sincere smile after seeing a loved one, and the happiness to run around with my cousins. Thinking of all the adults in my family who played with kids makes me feel that becoming an adult myself isn’t so bad. The child I’ve been will always be inside me, and I deeply desire to play hide-and-seek with my future children, grandchildren, nieces, and nephews.

My heart beat fast in my chest as I hid quietly in my hiding place.

Lais Caroline Pellenz with some of her family.

Intergenerational Play

Study this article, the article on p. 18, and the pictures on p. 17. What are some of the physical, emotional, and social benefits of intergenerational play? Write about it.
Intergenerational play is when people from different generations play together – children, parents, aunts, uncles, and grandparents. Describe what you see in the photos. Does it look like fun? Why or why not? Photos by Christinagro, from Wikimedia, CC BY-SA 4.0.