

Everyone Needs to Play

Netty Prastika

BEFORE YOU READ: How would you define play?

Play has many definitions. Some say that for children, play is actually their work. Others say that play is for fun only. The Google dictionary says play is for enjoyment and does not serve “a serious or practical purpose.” But most of us know that play helps us relax, and in this busy life, that is very practical! It is hard to decide which definition is right. Let’s look more closely at play.

For a child, play is an essential part of his or her life—it is like their job. Researchers have shown that play can increase a child’s intelligence and creativity, and improve their emotional, social, and physical health. When the children are playing, they look focused. They take their play seriously! Also, they look free, enthusiastic, excited, and so alive. I think many of us never realized as we were growing up, how lucky we were to be able to play.

As adults, there are so many important things to do. We work and have serious commit-

ments. We face daily stresses at work and in our families. We are always looking for ways to solve our problems. We feel like we don’t have time to play.

But play is not just for kids.

We all need to play.

We need to forget for a while about work, deadlines, or problems. By playing, we give ourselves permission to have fun, relax, or even be silly. When we play, it is not the outcome that is important, but the process. There are so many ways to play, such as sharing jokes with friends, flying a kite at a park, baking with your kids, biking around with friends, or building a sand castle on a beach.

Play is a way to fuel yourself! When you play, you have a chance to be creative, use your imagination, and solve problems in a carefree way. So... what is play? Play is something we do for pleasure. But it is also serious. Play is something that we all—adults and children—need in our lives.

Sources: <www.psychologized.org/jean-piagets-theory-of-play>; “Why It’s Good for Grown-ups to Go Play,” Jennifer Wallace, *Washington Post*, May 20, 2017.

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Play is a way to fuel yourself!



“If you want to be creative, stay in part a child, with the creativity and invention that characterizes children before they are deformed by adult society.”

—Jean Piaget

AFTER YOU READ:

1. According to the author, what is play?
2. Read the quote by Jean Piaget in the box. Discuss what it means. Research Jean Piaget and share your findings.