



Remembering To Play

Exploring Your Play History

Many ways that children play are universal across time and cultures. These universal childhood passions are great reminders that humans were literally born to play!

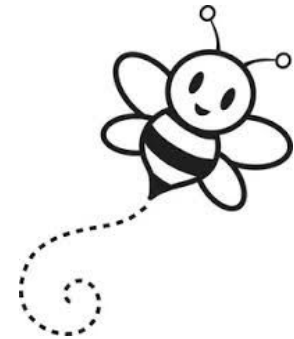
In fact, human beings retain the ability to play throughout our lives. Which is a good thing, because play supports our happiness and a whole lot more including our creativity, social connection, empathy, relaxation, stress reduction, healthy aging, and physical and emotional well-being.

When we are feeling stuck, exploring and engaging in our childhood passions can help us liberate more joy and creative solutions to any challenges we may be facing.

As you review the list below, ask yourself the following:

- What were some of your favorite childhood passions from this list?
- When did you stop doing them? Why? Which ones do you still enjoy?
- What could you add to this list?

Notice how good it feels to remember your favorite ways to play!



A COLLECTION OF CHILDHOOD PASSIONS

Adventuring, **discovering**, exploring, **hiding**, seeking, **spying**, wandering, **flying a kite**, making paper airplanes, **playing instruments**, hopscotch, **listening to stories**, creating stories, **reading**, keeping a diary, **riding bikes**, listening to music, **making music**, singing, **laughing**, whistling, **clapping**, stomping, **bouncing**, throwing, **catching**, sledding, **snowball fights**, blowing bubbles, **playing marbles**, riding horses, **catching critters**, chasing fireflies, **climbing trees**, swinging, riding, **jumping in puddles**, making mud pies, **playing sports**, swimming, **fishing**, skipping stones, **getting muddy**, rollerskating, **flying**, jumping rope, **racing**, chasing, **playing tag**, skiing, **soap box derbies**, imagining, **imitating**, performing, **show and telling**, dress up, **costuming**, painting faces, **making up characters**, being animals, **telling secrets**, coloring books, **playing with dolls**, building with blocks, **cooking**, baking, **dancing**, playing matchbox cars, **painting**, drawing, **sculpting**, sewing, **knitting**, building, **decorating**, playing with fire, **experimenting**, dissecting, **taking things apart**, playing with pets, **making messes**, canoeing, **hula hooping**, **collecting shells**, helping adults with projects, **playing with friends**, surprising, **making presents**, playing store, **sneaking**, hunting, **shooting**, carving, **making tools**, building shelters, **making dams**, building tree houses, **playing house**, making blanket forts, **whispering**, joking, **tricking**, hugging, **cuddling**, holding hands, **seeking buried treasure**, solving mysteries, **playing cops and robbers**, scavenger hunts, **making dares**, playing card games, **trading cards**, board games, **puzzling**, ring around the rosie, **red rover**, potato sack races, **playing at the beach**, going to amusement parks, **riding rollercoasters**, stargazing, **daydreaming**, spotting clouds, **playing in the woods**, camping, **roasting marshmallows**, getting lost, **fighting dragons**, making magic.

More playful ideas, books, videos, and articles are available on www.thefunconspiracy.com.