



Bees for your Bonnet

Playful Resources To Explore

FUN WEBSITES

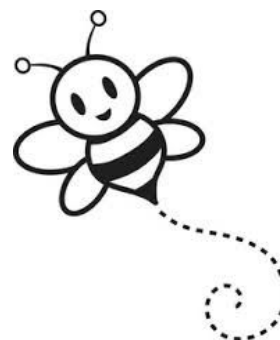
TheFunConspiracy.com—Free play coaching tips, wellness education, play research, community events, and fun blogs on how to harness the power of play for emotional, physical, social and spiritual well-being. Additional resources for those in substance abuse and mental health recovery.

DeepFun.com—Play theorist Bernard De Koven's rich resource of games to play for fun at all ages and stages. Games that help us reclaim personal power through fun that is deep: whole-hearted, whole-minded, whole-bodied. "Because, when the fun gets deep enough, it can heal the world."

National Institute for Play (nifplay.org)—A non-profit organization founded by play researcher Stuart Brown, MD, that is committed to bringing the unrealized scientific knowledge, practices and transformative benefits of play into public life.

GOOD READS

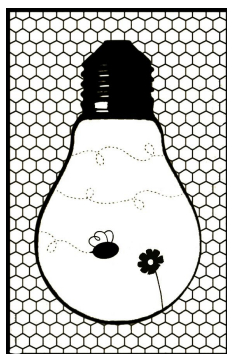
Play by Stuart Brown, MD—A groundbreaking book on the science of play and its essential role in fueling our happiness and intelligence throughout our lives.



A Playful Path by Bernard De Koven—Games guru and fun theorist Bernard De Koven shares his rich collection of ideas, musings and practices to help us reclaim our playfulness.

SuperBetter by Jane McGonigal, PhD—This book shows how a gameful mindset can turn real-life physical, emotional, social and cognitive challenges into opportunities for post-traumatic growth. This book full of resilience-boosting quests that draw on a substantial body of scientific research.

PLAYFUL TED TALKS



Stuart Brown: Play Is More Than Just Fun, May 2008.

Jane McGonigal: The Game That Can Give You 10 Extra Years of Life, June 2012.

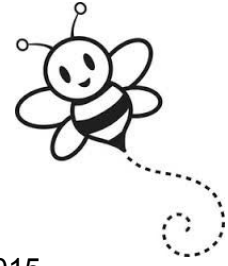
Amy Cuddy: Your Body Language Shapes Who You Are, June 2012.

Robert Waldinger: What Makes a Good Life?, November 2015.

More fun websites, books, media and research articles are available on www.thefunconspiracy.com.

What's All the Buzz About Play?

Presentation Source Citations



Play is instinctual and observed in everything from electrons to elephants.

"Biology of Fun," *Current Biology*, 25th Anniversary Special, Vol. 25, No. 1, 2015.

Awe and Wonder: Nature's Anti-inflammatories

"Positive Affect and Markers of Inflammation: Discrete Positive Emotions Predict Lower Levels of Inflammatory Cytokines," Stellar, J.E. et al, *Emotion*, 2015.

Einstein Aging Study

"Leisure Activities and the risk of Dementia in the Elderly," Verghese, J. et al., *The New England Journal of Medicine*, Vol. 348, 2003.

Staying Sharp and Getting Sharper

"Late Life Leisure Activities and Risk of Cognitive Decline." Hui-Xin Wang et al., *The Journals of Gerontology*, Vol. 68, No. 2, 2013.

Play and Dementia

"Press Play," TED Radio Hour interview with Stuart Brown, MD, March 27, 2015.

Play helps regulate stress and lowers cortisol levels.

"The Serious Need for Play," Melinda Wenner, *Scientific American Mind*, Vol. 20, No. 1, 2009.

Creative Play and Dementia

"Art Therapy for Alzheimer's Disease and Other Dementias," Chancellor et. al., *Journal of Alzheimer's Disease*, Vol. 39, No. 1, 2014.

"The Creativity and Aging Study," Gene Cohen, National Endowment for the Arts and The George Washington University Final Report, April 2006.

The Impact of Music on Cognition

"Playing for Time: Can Music Stave Off Dementia?," Elizabeth Landau, CNN Health, September 11, 2013.

Laughter Is the Best Medicine

"Fight memory loss with a smile (or chuckle)," *ScienceDaily*, Federation of American Societies for Experimental Biology, April 27, 2014.

Dance, Movement and Aging

"Little exercise, big effects: reversing aging and infection-induced memory deficits, and underlying processes," Barrientos et al., *Journal of Neuroscience*, Vol. 31, No. 32, 2011.