



THE PLAYGROUNDgr

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#PLAY4THEHEALTHOFIT



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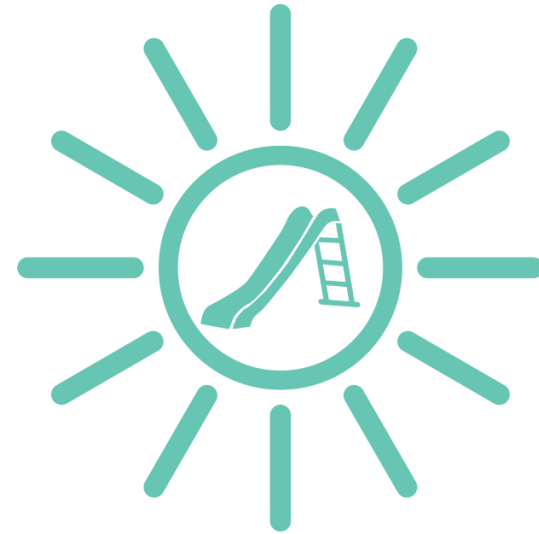


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- ▶ Who is THE PLAYGROUNDgr?
- ▶ *THE PLAYGROUNDgr is a local nonprofit, who is committed to bridging the disparities of the racial, gender, culture, and socioeconomic gaps often found in caregivers/educational institutions and community based programming around the world of play. Play based support, therapy and awareness continues to be an evidenced tool that sharpens and supports, emotional health, mental health, trauma, grief and attachment. THE PLAYGROUNDgr is tasked with ensuring all members of our community have access to free or reduced rate play workshops, trainings, play based groups and play based therapy.*
- ▶
- ▶ **OUR MISSION:** To raise awareness around the emotional and mental health benefits of play. At THE PLAYGROUNDgr, we believe play heals.



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LET'S START WITH A SCRIBBLE...
SELF REGULATE WITH ME



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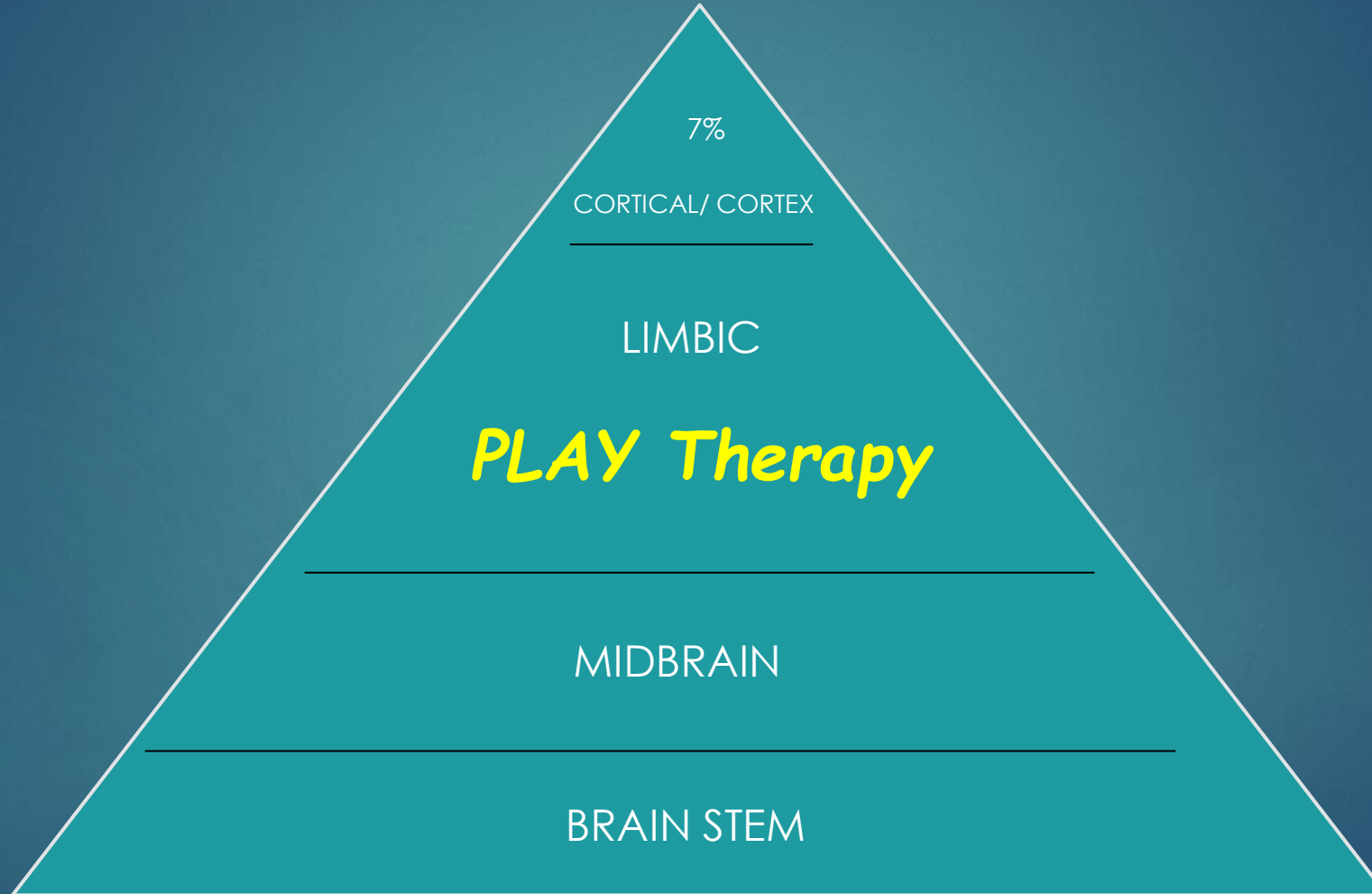


<https://www.artincoaching.co.uk/blog/bilateral-drawing-warming-up-the-whole-brain/>

THE BRAIN and PLAY



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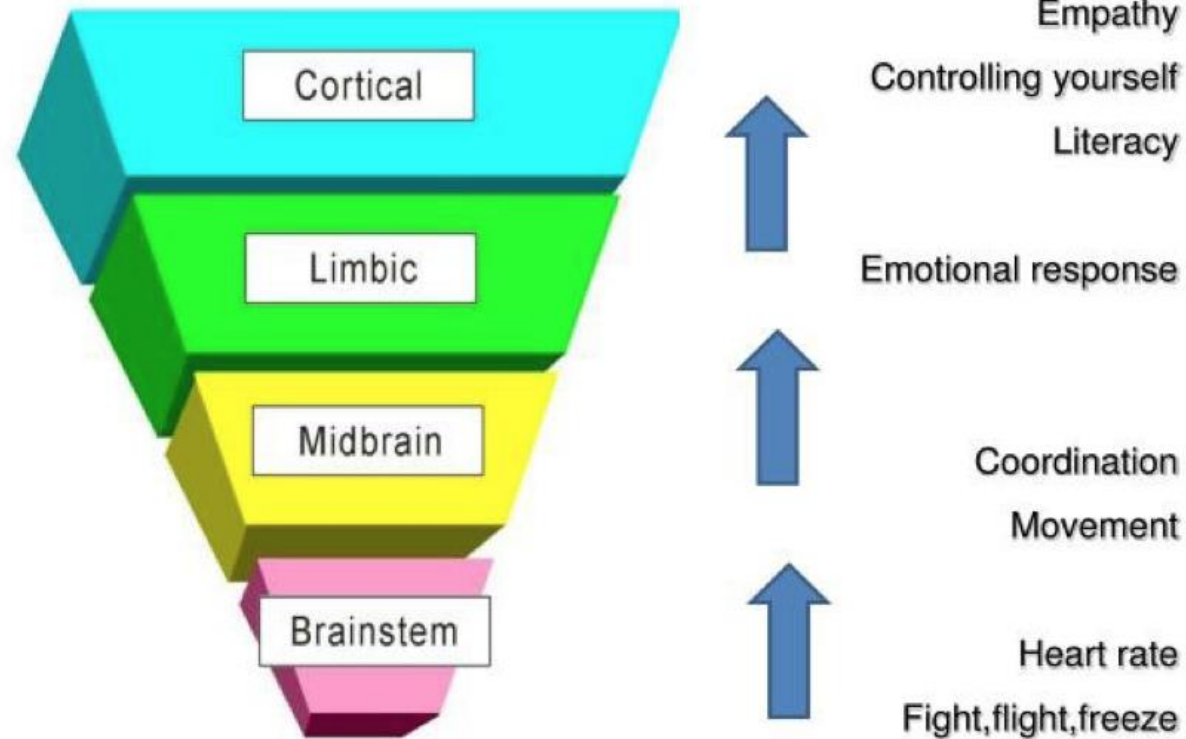


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Perry's Neurosequential Model



Perry, B.D. (2002). *Brain Structure and Function I: Basics of Organisation*. Adapted in part from "Maltreated Children: Experience, Brain Development and the Next Generation" (W.W. Norton & Company).




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PLAY & EMOTIONAL WELLNESS

INCREASES:

- 
- ❑ FOCUS
 - ❑ LEARNING
 - ❑ ATTACHMENT
 - ❑ EMOTIONAL REGULATION
 - ❑ OVERALL WELLNESS

DECREASES:

- 
- ❑ AGGRESSION
 - ❑ STRESS
 - ❑ ANXIETY
 - ❑ DEPRESSION
 - ❑ OVERALL SAFETY CONCERNS


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PLAY AT WORK....

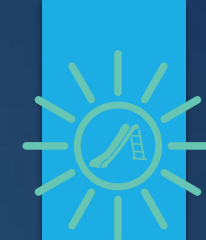
INCREASES:

- 
- ☐ JOB SATISFACTION
 - ☐ PRODUCTION *BY 20%
 - ☐ SENSE OF COMPETENCE
 - ☐ CREATIVITY
 - ☐ MORE TIME ON A TASK
 - ☐ MORE INVOLVED IN A TASK

DECREASES:

- 
- ☐ FATIGUE
 - ☐ BOREDOM
 - ☐ STRESS
 - ☐ BURNOUT

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- ❑ Dance
- ❑ Sand Trays
- ❑ Art
- ❑ Drumming
- ❑ Balloon Work
- ❑ Yelling
- ❑ Puppets
- ❑ Playdough/Clay
- ❑ Sticks & Stones
- ❑ Games
- ❑ Bubble Work

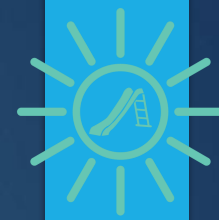
WHAT IS PLAY????



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IMAGES VS WORDS

LIMBIC VS CORTEX



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INCREASES:

- ☐ FOCUS
- ☐ AUTHENTIC COMMUNICATION
- ☐ ENGAGEMENT
- ☐ RELATIONSHIPS
- ☐ BRAINSTORMING CAPACITY



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<https://theraplay4kids.com/new-page-57>

BUBBLES



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- ☐ Stress Management
- ☒ Emotional Regulation
- ☐ Focus and Concentration
- ☒ Sensory support
- ☐ Anxiousness Management



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BUBBLES



- Bubble blow
- Bubble catch
- Bubble hold

BUILDING



- 
- ☐ Self Esteem
 - ☐ Dopamine Bursts
 - ☐ Relaxation
 - ☐ Mindfulness
 - ☐ Focus
 - ☐ Emotional Regulation



SENSORY PLAY



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- ☐ Coordination and motor skills
- ☐ Focus
- ☐ Relaxation
- ☐ Creativity
- ☐ Self esteem
- ☐ Emotional Regulation

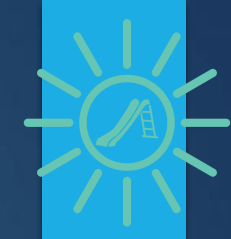


WATER COLOR



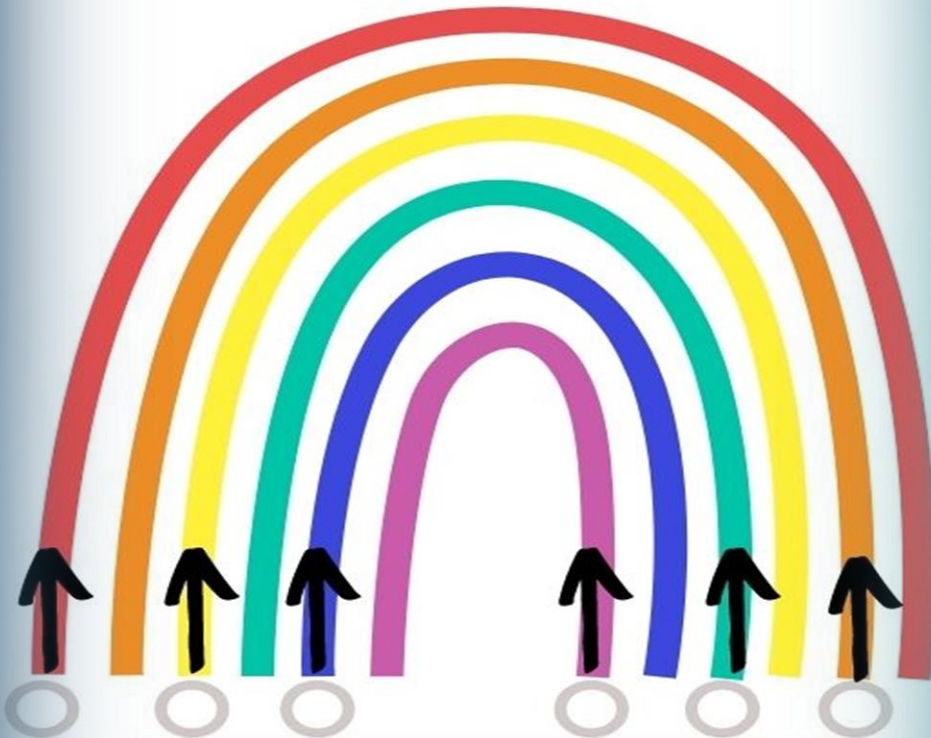
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Deep Breathing EXERCISE



Place your finger on a white dot. Trace the arrow and take a deep breath in. Pause at the end of the color. Trace the next arrow and breathe out. Continue around the image several times.



www.theottoolbox.com

WATER COLOR

Start with Breathing....

<https://www.theottoolbox.com/rainbow-breathing/>



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LOVE, I AM LOVING, PEOPLE LOVE ME.

I AM ME, AND I MAKE THE WORLD A BETTER PLACE

KIND, I AM KIND, I TREAT PEOPLE WITH KINDNESS.

I AM ME, AND I MAKE THE WORLD A BETTER PLACE

LISTENER, I AM A GREAT LISTENER, I LISTEN WITH
MY EARS, LIPS AND EYES.

I AM ME, AND I MAKE THE WORLD A BETTER PLACE

PROBLEM SOLVER, I CAN SOLVE ANY PROBLEM THAT
COMES MY WAY, AND I DON'T HAVE TO DO IT ALONE.

I AM ME, AND I MAKE THE WORLD A BETTER PLACE

PLAYFUL, I AM PLAYFUL AND THAT KEEPS ME
HEALTHY.

I AM ME, AND I MAKE THE WORLD A BETTER PLACE

UNIQUE, I AM UNLIKE ANYONE YOU'VE EVER MET.

I AM ME, AND I MAKE THE WORLD A BETTER PLACE

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- ☐ Stress Management
- ☒ Emotional Regulation
- ☐ Focus and Concentration
- ☒ Sensory support
- ☐ Anxiousness
- ☐ Overall wellness

WAYS TO SUPPORT...

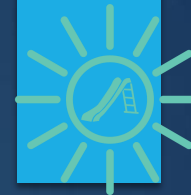


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- ❑ Host a Drive
 - ❑ See Our Wish List
- ❑ VOLUNTEER
 - ❑ (90% of all programming is run by volunteers)
- ❑ SPONSOR A FREE COMMUNITY EVENT
 - ❑ GRAND RAPIDS PLAY IS SEPTEMBER 23
- ❑ DONATE:
 - ❑ \$75 PROVIDES ONE MEMBER WITH PLAY THERAPY TOOLS
 - ❑ \$750 SUPPORTS ONE PLAY THERAPY GROUP FOR CHILDREN PLACED IN FOSTER CARE.
 - ❑ \$1000 PROVIDES ONE COMMUNITY TRAINING
 - ❑ <https://theplaygroundgr.org/donate-nOW>




WAYS TO SUPPORT...



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BIBLIOTHERAPY WISH LIST



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- [A COMPENDIUM: A FILL IN JOURNAL FOR KIDS – WEE SOCIETY](#)
- [MAYBE DAY A BOOK FOR CHILDREN IN FOSTER CARE – BY JENNIFER WILGOCKI, MARCIA KAHN WRIGHT](#)
- [FEELINGS– TODD PAR](#)
- [A PLACE CALLED HOME: LOOK INSIDE HOUSES AROUND THE WORLD \(LONELY PLANET KIDS\)](#)
- [BY KATE BAKER AND REBECCA GREEN](#)
- [HOW ARE YOU PEELING – SAXTON FREYMAN](#)
- [SAD MONSTER GLAD MONSTER – ED EMBERLEY](#)
- [IN MY HEART A BOOK OF FEELINGS –JO WITEK](#)

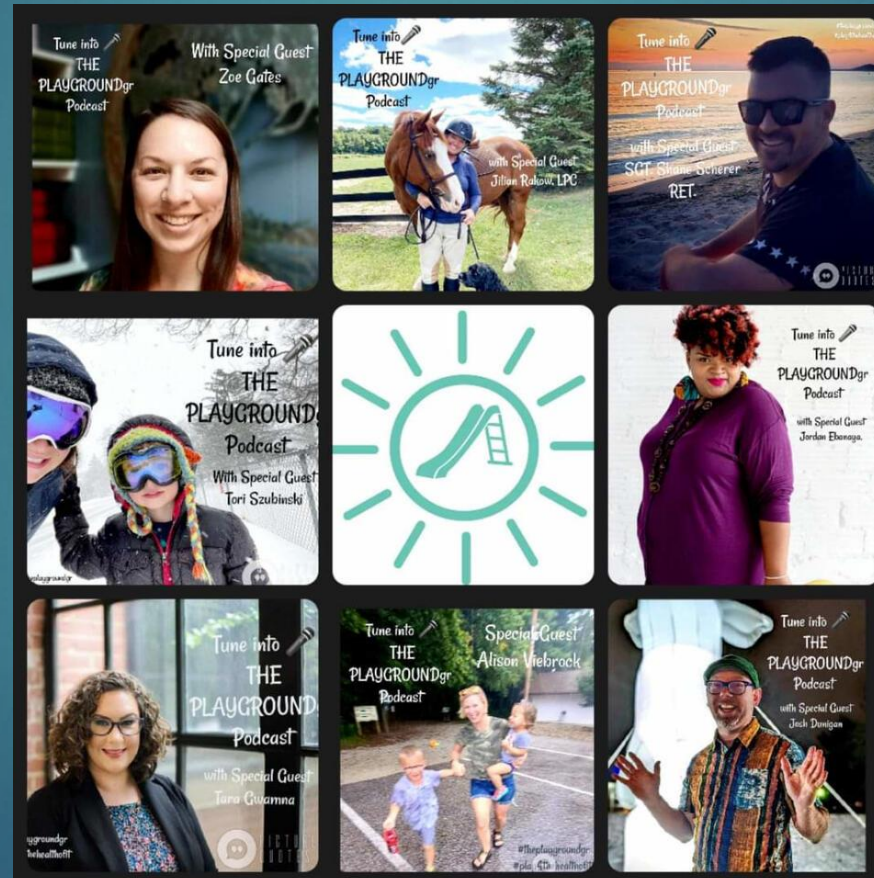
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NOW GO AND PLAY, PLAY, PLAY...



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THE PLAYGROUNDgr Podcast



<https://www.iheart.com/podcast/269-the-playground-gr-a-podcas-91457756/>

Resources



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- ❑ Lopushinsky (Law-puh-shin-ski), Paul. "Everything You Wanted to Know about Play at Work." *Playficient*, 17 Apr. 2022, www.playficient.com/play-at-work/.
- ❑ *Play at Work: An Integrative Review and Agenda for Future Research*, www.researchgate.net/publication/320047939_Play_at_Work_An_Integrative_Review_and_Agenda_for_Future_Research. Accessed 28 July 2023.
- ❑ "Playing up the Benefits of Play at Work." *Association for Psychological Science*, 2017, www.psychologicalscience.org/news/minds-business/playing-up-the-benefits-of-play-at-work.html.
- ❑ "Play Therapy With Adults Play Therapy With Adults." *University of Northern Iowa UNI Scholar Works*, 2008.
- ❑ Tracy Brower, PhD. "Boost Productivity 20%: The Surprising Power of Play." *Forbes*, 7 Mar. 2019, www.forbes.com/sites/tracybrower/2019/03/03/boost-productivity-20-the-surprising-power-of-play/.

**This program is pre-approved for
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