Ageing Playfully

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Play is a voluntary and meaningful activity, carried out for its own sake, with its own proper boundaries of time and space according to fixed rules and in an orderly manner.

Huijinga, Johan (1949) *Homo Ludens: a study of the play-element in culture*
What is Playfulness?
Playfulness and Adults

“We don’t stop playing because we grow old; we grow old because we stop playing.”

(Hall, 1904, pp 235)
Playfulness, Health and Wellbeing

Playfulness can contribute to healthy ageing and to promoting an active way of living.

(Staempfli, 2007; Proyer 2014a; Proyer 2014b; Mahdjoubi and Spencer, 2015)
Ageing Playfully
Ageing Playfully: The journey
Developing an understanding
The value of making
Building rich stories
Building rich stories
Shopping playful material
We love Music!
We love Music!
Key Findings
Ageing Playfully Cards

**During**

**WHY:** Telling stories and encouraging participants to imagine scenes and representations increases group creativity, cohesion and fun.

**HOW:** Using materials of different sizes and colours can lead to a playful sharing of stories, that may inspire participants to create immersive, fully developed storylines.

**Play Activities**

**Role play**

- Tell a story of something that happened to you in the last holidays.
- Nominate a partner and ask him/her to act it out.
- The rest of the group should act as narrators.

* Reflect on how more memorable your tales have become.

Combine storytelling with model-making activities to increase playfulness.
Take-aways

1. Playfulness has a key role to play in **ageing well**

2. It creates a 'magic circle' that **transforms** mundane daily activities

3. It brings **people together**
Ageing Playfully

Playfulness is a gift!

Embrace each opportunity for play for a healthier, happier life.