

Fostering Connection through Play

Jess Amato, Founder, CTRS
Platform to Play

Who are you outside of being a parent?

What are your talents?

What characteristics make up who you are?

What other roles and titles are you proud of?



Parents Need Play Too!

SELF-CARE, LAUGHTER, BALANCE,
REFLECTION, CONNECTION



What is your play language?



- Gets us moving our bodies
- Fosters laughter
- Creates and lets out energy
- Brings out our youthful side
- Encourages us to step out of our comfort zone and challenge ourselves to new experiences
- Builds Confidence when we try something new or something we haven't done in a while
- Creates a sense of accomplishment, supports our self-esteem and confidence
- Connects us to ourselves, one another, and with nature
- Builds and supports positive relationships
- Creates a sense of connection and belonging
- Encourages curiosity and imagination
- Builds mutual trust & respect
- Allows us to be vulnerable and take positive risks

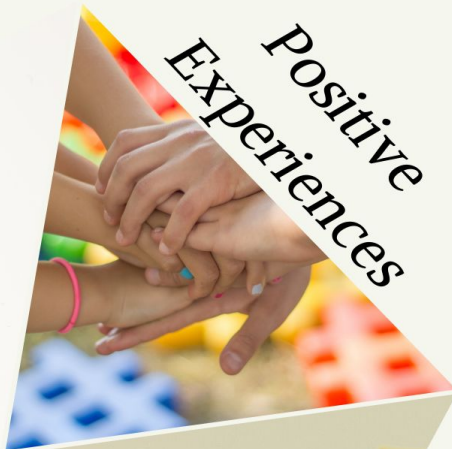
Time



*Purposeful
Engagement*



*Positive
Experiences*



Boundaries



Space



Commitment to Change

- Reasons for engaging as a family. What are you hoping for it to bring to your family and life? Why do you want more play in your life?
- How often can you dedicate to engagement as a family?
- How long would you like to dedicate to each opportunity as a family?
- 1-3 activities you would like to do with your family.
- 1-3 activities you have done in the past which you would like to do again as a family.



FOSTERING CONNECTION THROUGH PLAY



BRING THE OUTDOORS, INDOORS

Summer in AZ is HOT! Collect as many blankets and sheets throughout the house as you can and build a fort, work together to pitch a tent, create a scavenger hunt searching for certain colors within your home or items with specific characteristics (i.e. soft, has multiple purposes, etc.)



COMPETE OR TAKE TURNS SHOWING OFF YOUR SKILLS

We all have talents. Cook, bake, dance, sing, or have fun with different talents your family members have or do not have. Sometimes the talents we don't have bring out the most laughter.



PLAY A GAME, CREATE A GAME

Everyone has a favorite childhood game, mine is hide & seek. Take turns playing everyone's favorite board or card game or get creative and create your own game.



KNOCK KNOCK

Whose there?... Laughter is some of the best medicine. Tell jokes, challenge each other to riddles, give each other scenarios asking which you would rather, and find humor by seeing how high you can count as a family using the sound "ha" instead of numbers. "Ha...HAHa...HAHaHa...HAHaHaHa..."



PRACTICE BEING PRESENT

Being mindful helps us be more present. Practice mindfulness by using your 5 senses to share what you can see, hear, smell, taste, and feel in different environments. You can do this sitting, on walks outside, or throughout the house. Another way to be present is to write down or say 1 thing you are grateful for or appreciate from the day or the people in your family.

You can discover more about a person
in an hour of play than in a year of conversation.

- Plato



platformtoplay.com

jess@platformtoplay.com

Follow [@platformtoplay](https://twitter.com/platformtoplay) on social media