

TIME TO PLAY

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1. As an adult, do you find it difficult to take time out for play? Why do you think this is?
2. In this episode you learned 5 compelling reasons to bring play back into your life and work. What reason resonated most with you that you would like to apply to your life?

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3. What inspired you as a child? Write down some of the fun activities you remember doing on a regular basis. Then pick one you would like to take up again.

4. Think about how can you incorporate play into your work environment. List some activities you can do as a team to bring fun into the work place.