In Panksepp’s research we learn how the presence of cat hairs in the environment stop rats from playing. In your work environment, what are the “cat hairs” that inhibit the people you serve (children or staff) from being able to engage, connect, and explore?

Identify “Cat Hairs” that prevent kids and staff from engaging, connecting and exploring.
AWARENESS BUILDING EXERCISES
A series of activities to help you be more aware of playfulness in and out of work!

PLAYFUL MOMENTS
At the end of a day, reflect on what you did to cultivate playfulness in your work. (Rinse, lather and repeat 3x a week!)

DAY 1
• What did I do to promote joy in my work today?

• What did I do to connect with others in my work today?

• What did I do to make myself and others feel safe and strong in my work today?

• What did I engage in fully in my work today?

DAY 2
• What did I do to promote joy in my work today?

• What did I do to connect with others in my work today?

• What did I do to make myself and others feel safe and strong in my work today?

• What did I engage in fully in my work today?

DAY 3
• What did I do to promote joy in my work today?

• What did I do to connect with others in my work today?

• What did I do to make myself and others feel safe and strong in my work today?

• What did I engage in fully in my work today?
AWARENESS BUILDING EXERCISES
A series of activities to help you be more aware of playfulness in and out of work!

LIFE IS GOOD PLAYMAKERS

PLAYFULNESS INVENTORY
Identify the things that you currently do to bring out the “player in you.”

EXERCISE
☐ Yoga ☐ Lifting weights ☐ Running ☐ Spinning ☐ Walking ☐ Zumba ☐ Soccer ☐ Basketball
☐ Pilates ☐ Dancing ☐ Paddle Boarding ☐ Tennis ☐ Volleyball ☐ Hockey ☐ Aerobics

NUTRITION & DIET
☐ Cooking ☐ Baking ☐ Healthy eating ☐ Going out to eat ☐ Vitamins/Supplements
☐ Experimenting with Recipes ☐ Indulging in Veggies ☐ Packing your lunch

TIME IN NATURE
☐ Hiking ☐ Kayaking ☐ Skiing ☐ Snowboarding ☐ Biking ☐ Bird-watching ☐ Gardening
☐ Swimming ☐ Sight-seeing ☐ Sailing ☐ Dog Walking ☐ Spelunking

RELATIONSHIPS
☐ Spending time with friends, family or pets

RECREATION & ENJOYABLE ACTIVITIES
☐ Knitting ☐ Listening to music ☐ Drawing ☐ Reading ☐ Scrapbooking ☐ Shopping

RELAXATION & STRESS MANAGEMENT
☐ Breathing ☐ Mindful eating ☐ Relaxation exercises ☐ Laughing ☐ Smiling ☐ Therapy

SPIRITUAL INVOLVEMENT
☐ Meditating ☐ Praying ☐ Religious/spiritual services

SERVICE TO OTHERS
☐ Volunteering ☐ Fundraising

WHAT ELSE DO YOU DO THAT IS SPECIFIC TO YOU?

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