
From the Playground to the Boardroom

THE Power OF Adult Play



CORPORATE CHALLENGE EVENTS

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It's easier to achieve serious goals if you have fun doing it. Sharing moments of enjoyment with coworkers **builds camaraderie and trust.** A playful approach encourages customer service that is genuine and friendly. **A playful approach drives creativity,** as in "Let's play with that idea!"

Fish! Philosophy





welcome.

Have you ever watched kids at play and thought, "Ah, to be young again"? Well, guess what? You don't have to be a kid to enjoy the magic of play! In fact, we're here to share some amazing insights about the power of play, not just for kids, but for us grown-ups too. And trust us, this isn't just fun and games - it's science-backed and expert-approved.

Now, we know what you're thinking - 'Play? At work? How's that going to help?' Stick with us, and we promise you, you'll be looking at your workplace in a whole new light. We're talking less stress, more creativity, improved health, and yes, even more productivity.

So, are you ready to turn the tables on traditional work norms and infuse a bit of play into your workday? Let's dive in and discover how you can transform your workspace into a playground for innovation and productivity!

The science behind

Adult Play.

Did you know that play is a fundamental part of our biology, and it's high time we start recognising its value. When we play, we're not just having fun, we're lighting up our brains, releasing mood-boosting endorphins, and enhancing our problem-solving skills.

Now, let me introduce you to Dr. Stuart Brown. He's a big deal in play studies and has some fascinating insights. According to him, play is as crucial to our health as sleep or nutrition. Yes, you heard that right. Your weekly soccer game or daily crossword puzzle is up there with getting enough shut-eye and eating your veggies!

But it doesn't stop there. Neuroscience further backs up the importance of play. It turns out, play is one of seven primary emotional systems hardwired into our brains. So every time we engage in play, we're giving our brain a workout, strengthening those neural connections.



Adult play isn't always obvious.
Adults don't reach a play state as
easily as little kids do.



CONSIDER THIS

Playing a sport isn't always play. It depends on your mindset. Engaged, feeling content, and up for the challenge? It's play. Bored, irritated, or burdened? Not so much.

Your personal play circuits are a blend of the wiring you were born with and the pathways etched in your brain during those early years. They make your play unique to you.

And the good news? You can reconnect with that joy, even if it's been a while. All it takes is a touch of self-awareness and a simple willingness to take the plunge.

So, are you ready to embrace adult play and rediscover the delight it brings?

The impact of play on

Workplace Productivity.

Play isn't just for recess anymore. It's making its way into boardrooms and office spaces, and for a good reason. Let's dive into why.



Stress Relief:

Stress is a productivity killer. But guess what's a fantastic stress-buster? A hearty dose of play! Whether it's a quick game of table tennis or a creative brainstorming session, play can help lower stress levels, making you more focused and productive.



Enhanced Creativity:

Remember those 'aha!' moments you had as a kid while playing with your Lego set? Play has a way of sparking our creativity, helping us think outside the box. So next time you're stuck on a tricky problem, take a play break. You might just stumble upon a genius solution!



Improved Teamwork:

Nothing brings people together quite like play. It fosters a sense of camaraderie, encourages collaboration, and breaks down barriers. When teams play together, they work better together.

**“Built to play and
built by play.”**

-Dr. Stuart Brown
National Institute for Play



Increased Engagement:

Play keeps us engaged and alert. It makes work fun, and when work is fun, we're more likely to give it our all.



Better Learning:

Play enhances learning by making it interactive and enjoyable. It's why we remember the lyrics of a catchy song but struggle to recall the points from a dull presentation.

Playful Office B. Lay

A functional yet playful and stimulating interior, an out-of-the-box office that attracts young professionals from all over the globe.



Implementing Play in the **Workplace.**

Incorporating play into the professional environment can be a game-changer for both employees and businesses.

Let's delve into various strategies for infusing play into the workplace, ensuring that productivity remains intact.

“We are never more fully alive, more completely ourselves, or more deeply engrossed in anything than when we are playing.”

Charles Schaefer



Team-Building Exercises

Team building is not just about trust falls and awkward icebreakers. Modern team-building exercises can be engaging and effective. Consider activities like **charity team building**, outdoor adventure programs, or collaborative problem-solving tasks. These activities encourage communication, enhance teamwork, and break down barriers.



Games and Challenges

Games are more than just entertainment; they can boost creativity and problem-solving skills. Introduce strategic board games, video game tournaments, or even puzzle-solving competitions. These activities can stimulate critical thinking, encourage healthy competition, and help employees learn to strategise.



Dedicated Playtime

Work doesn't always have to be all work and no play. Schedule short breaks during the day for employees to unwind. Encourage them to engage in quick, fun activities like a 15-minute yoga session, a table tennis match, or a casual chat in a designated lounge area. These mini-breaks can boost morale and recharge your team.

Corus Quay has been named one of the top 10 coolest places in the world to work, as well as one of the world's most impressive offices.

(Pictured below)



CREATIVE WORKSPACES

The physical environment plays a significant role in fostering a playful atmosphere. Consider redesigning your workspace to include areas for relaxation and creativity.

Think about colourful and comfortable seating, inspiring artwork, and playful decor. Some companies go the extra mile by adding slides, hammocks, or gaming zones to their offices.

In fact, many high-performing teams belong to organisations that prioritise play. Google is a great example - their offices are known for their bright colours and playful designs. And it's not just Google - companies like Amazon and Zappos also put a lot of emphasis on play in the workplace.



Playful Meetings

Meetings don't have to be dull. Incorporate play into your meetings by using interactive methods like brainstorming games, role-playing, or creative storytelling. These activities can make meetings more engaging, promote idea-sharing, and create a relaxed atmosphere.



Playful Ways to Track KPIs

Who says Key Performance Indicators (KPIs) has to be all serious business. Consider creating playful and visual dashboards to track KPIs. Use gamified scorecards, charts, or leaderboards to make the process more engaging. Employees will be more motivated to meet their targets when they can see their progress in a fun and competitive way.



Play Committee

To sustain a playful workplace culture, consider forming a 'Play Committee'. This team can organise and oversee playful activities, ensuring they align with your company's goals and values. Encourage employees from various departments to join and share their creative ideas.

“Play is our brain’s favorite way of learning.”

**“It is a happy
talent to know
how to play”**

-Ralph Waldo Emerson



Incorporating play into the workplace doesn't need to be complex to be incredibly effective. In fact, it's often the simplest and most accessible forms of play that can have the most profound impact.

Play is about breaking the monotony, sparking creativity, and fostering positive connections among team members. It can be as straightforward as introducing a weekly riddle, which not only stimulates the mind but also promotes camaraderie and laughter.

The beauty of simplicity in play is that it's inclusive and can be seamlessly integrated into the daily routine. Whether it's a quick brain teaser, a five-minute stretching session, or an impromptu game of charades, these uncomplicated moments of play can brighten the workday, enhance team dynamics, and ultimately lead to a more vibrant and enjoyable workplace.

As George Bernard Shaw once said,
"We don't stop playing because we
grow old; we grow old because we
stop playing."



FINAL THOUGHTS

As we've journeyed through the science behind adult play and its remarkable effects on productivity, it's become evident that sometimes the simplest steps are the most transformative.

So, let's not underestimate the power of a bit of fun in the midst of our daily tasks. It's a reminder that amidst our busy schedules and towering to-do lists, the magic of play is never too far away.

By embracing the joy of the uncomplicated, we not only enhance our workspaces but also our lives, one playful moment at a time.

“we believe **positive team cultures**
create success”

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