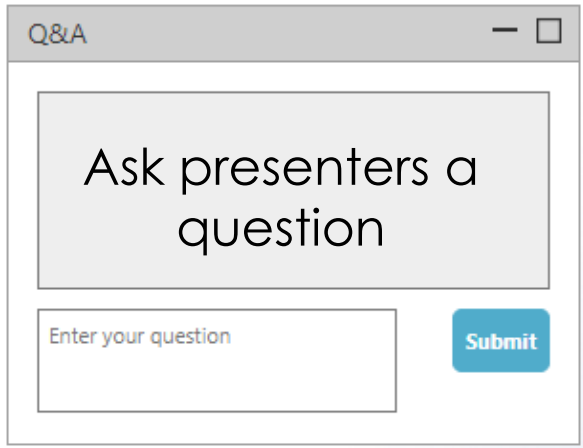




# **Bringing Play to Adult Services Programming**

***It's Not Just for Kids***

# Navigating Your Screen



Find troubleshooting tips HERE

Click HERE to open the Group Chat



## **UNO Library Science**



Dr. Cast-Brede  
Associate Professor



Erica Rose  
Program Coordinator

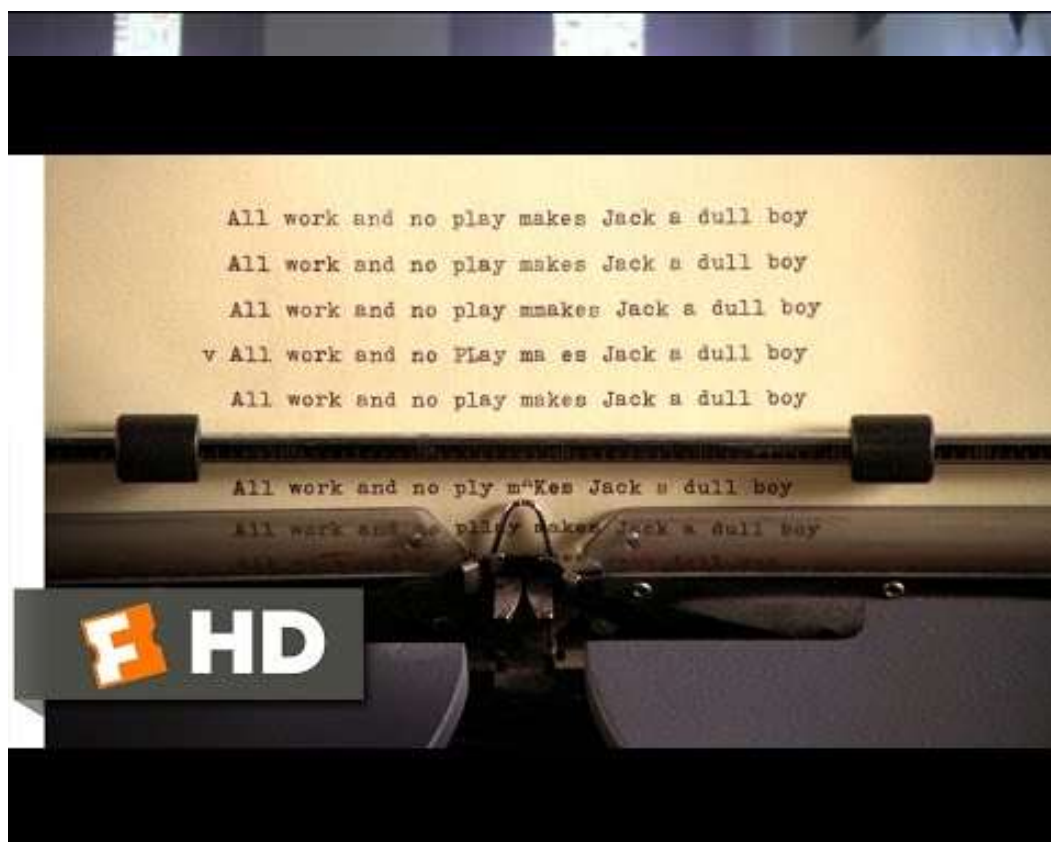
***THOSE WHO PLAY TOGETHER, STAY TOGETHER.***

# Objectives

- 1) Create an understanding of the definition of “play”
- 2) Communicate the benefits of play for adults
- 3) Demonstrate how libraries are strategically positioned to support play for adults



# Why play?





# Why play?

## The work of Stuart Brown


- Crucial for positive socialization
- Fact Finding Task Force for the Charles J. Whitman Texas Tower Case
  - “[L]ifelong lack of play” (Brown, 2010, p. 96)
  - Supported by additional research with violent criminals (National Institute of Play, n.d., para. 10)



## Core Resources

- Brown, S., & Vaughan, C. (2010). *Play: How it shapes the brain, opens the imagination, and invigorates the soul*. New York, NY: Avery.
- National Institute of Play. (n.d.). [Home page]. Retrieved from <http://www.nifplay.org/>

# Benefits of Play

1. Increase intelligence
  2. Improve understanding of the world around us
  3. Strengthens our ability to adjust to change
- 



# 1. Intelligence

- *Play is learning's partner* (Brown, 2010)
- Memory is connected to
  - Attention
  - Emotions/Rewards



# 1. Intelligence

- *Play is learning's partner* (Brown, 2010)
- **Word and number puzzles** correlated with cognitive function (Brooker et al, 2019)
- **Foreign language learning and online games** (sudoku, mahjong, crosswords) improved cognitive ability that was maintained months after the study (Wong et al, 2019)
- **3D video games** improve cognitive control (sustained attention, working memory) maintained for 6 months (Anguera et al, 2013).



## 2. Understanding of the World

- Play activities with nursing students **raised an awareness of how there are a diversity of methods to achievement** (McCormack et al, 2014)
- Including play activities in work environments **increased employees awareness of coworkers and improved collaborations** (Meyer, 2012)



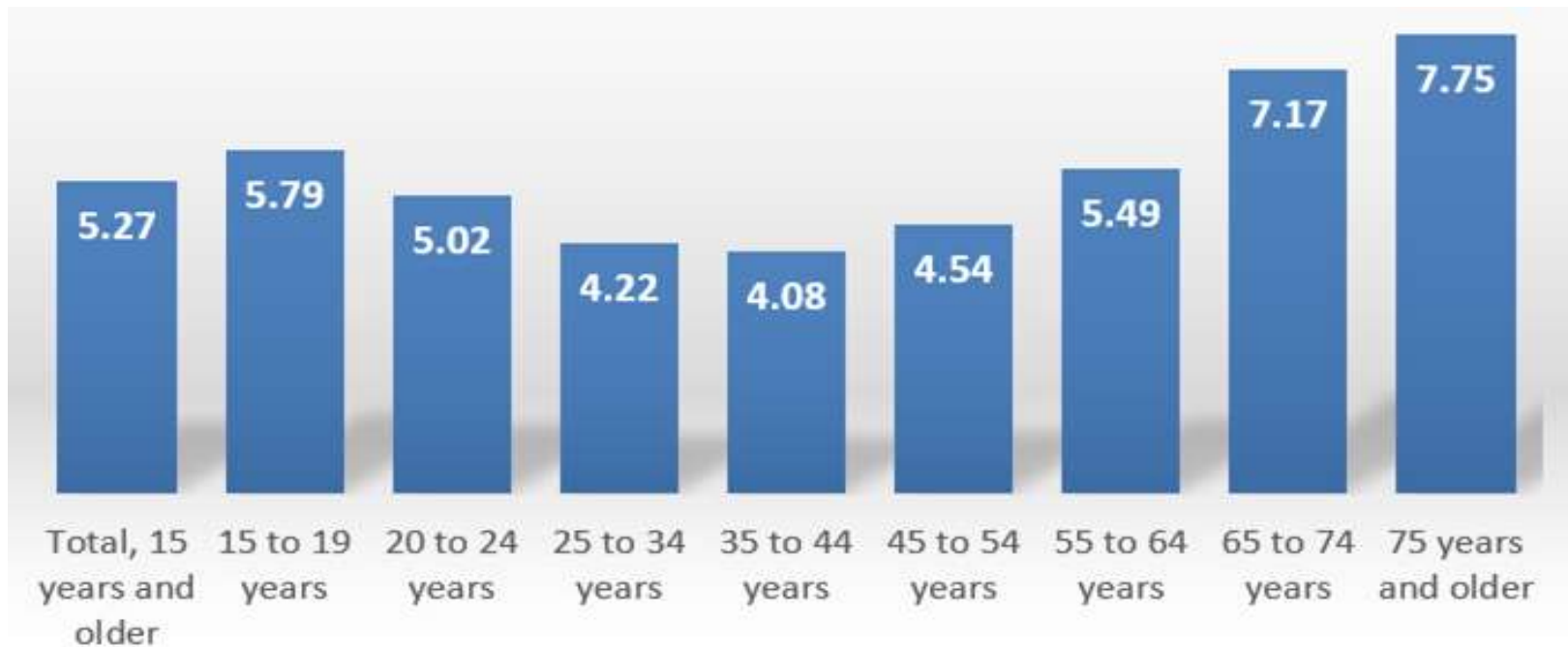
## 3. Adjustment to Change & Life Transitions

- Red Hat Society (Yarnal, 2006).
- Senior citizens' online just want to have fun (Nimrod, 2011)
- Regular card-playing group served as a coping mechanism (Outley & Mackenzie, 2006)





## Average hours per day spent on leisure and sports by U.S. population by age.



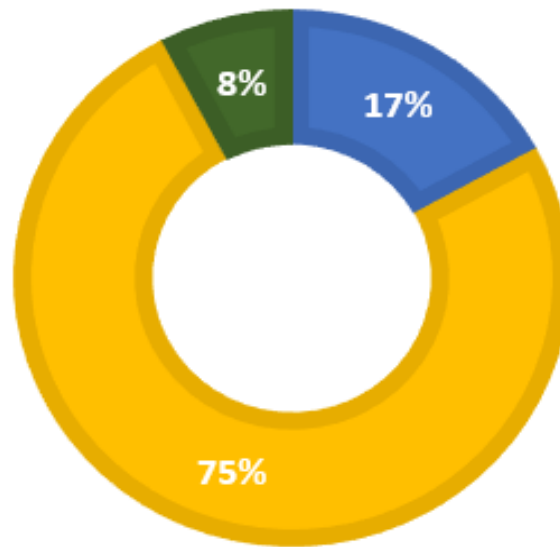
2018



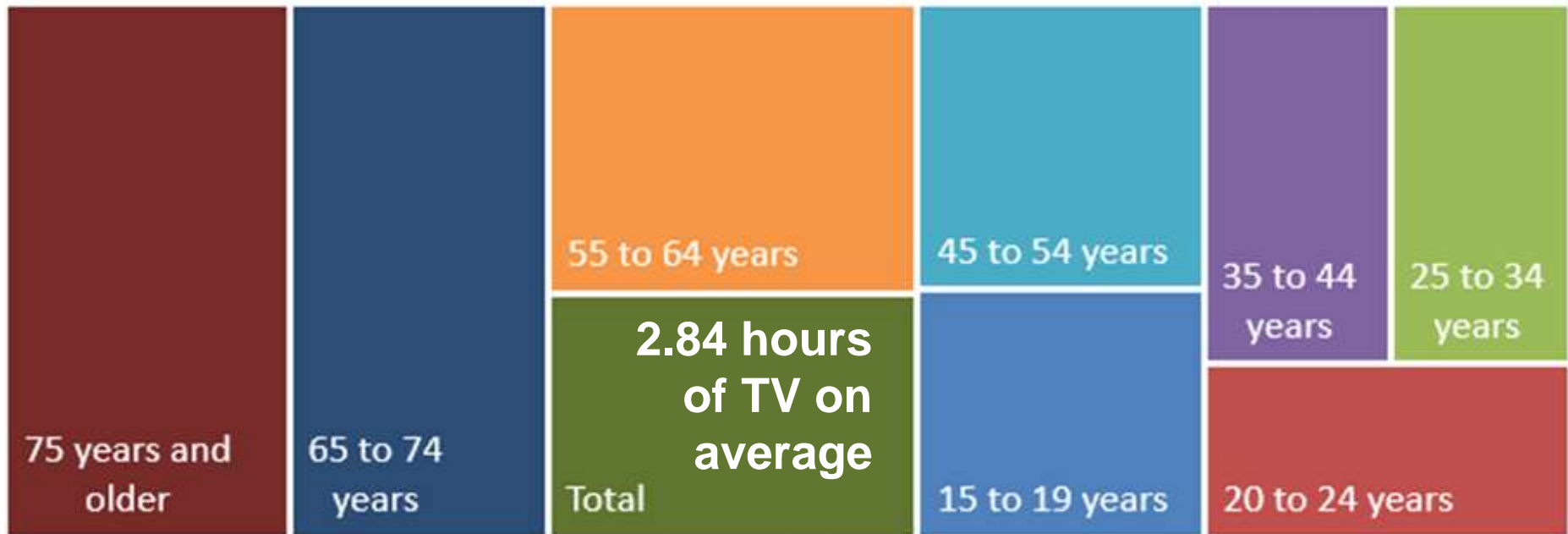


## Time spent in leisure and sports.

■ Socializing ■ Television ■ Sports



## Average daily time spent watching TV per capita in the United States in 2018, by age



**Television doesn't count.**  
**Unless you haven't laughed for a while.**

(Brown, 2010, p. 215)

- Interaction stops
- Become inactive
- Storyline is set by someone else

# Relook at Benefits of Play

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## Sea Squirts

"Sea Squirt - Didemnum molle - IMG\_0704" by High Desert Rider is licensed under CC BY-NC-ND 2.0



# Put the Numbers to Work

- Match play statistics to community demographics
- Use data to design Adult Programming





# Deprivation of Play

**“Adults can temporarily set play aside. But when play is denied over the long term, our mood darkens.**

We lose our sense of optimism and we become anhedonic, or incapable of feeling sustained pleasure”  
(Brown, 2010, p. 43).



# What is Play?

**“The opposite of play is not work.  
It’s depression.”**

~Smith as cited by Brown, 2010, p. 126

“ a behavioral orientation ...: a threshold experience; boundaries in time and space; uncertainty-freedom-constraint; a loose and flexible association between means and ends; positive affect.”

Mainemelis, C., & Ronson, S. (2006, p.84):

- Purposeless
- Voluntary
- Inherent attraction
- Freedom from time
- Diminished consciousness of self
- Improvisational potential
- Continuation desire

# **Brown Definition**



# PLAY PERSONALITIES



THE JOKER



THE KINESTHETE



THE EXPLORER



THE COMPETITOR



THE DIRECTOR



THE COLLECTOR



THE CREATOR



THE STORYTELLER

# Poll

**What's your play personality?  
(Select all that apply)**

- **Joker**
- **Explorer**
- **Director**
- **Creator**
- **Kinesthete**
- **Competitor**
- **Collector**
- **Storyteller**



# TYPES OF PLAY

---



ATTUNEMENT



BODY AND  
MOVEMENT PLAY



OBJECT PLAY



IMAGINATIVE  
PLAY



SOCIAL PLAY



STORYTELLING  
AND NARRATIVE  
PLAY



CREATIVE PLAY



# Another Way to View Service Design

Designing programming targeted towards all kinds of “players”.

# Attunement

- Maintain relationships
- How we relate to each other






# Human Library Events

unolibraries. (2019, April 17). It's been a week since the #humanlibrary and we're still remembering the stories and connections! [Instagram photograph]. Retrieved from [https://www.instagram.com/p/BwXMnh\\_gj-N/](https://www.instagram.com/p/BwXMnh_gj-N/)



# Body & Movement Play



**“...we actually, through movement and play, think in motion...”**

National Institute for Play. (n.d). Retrieved from <http://www.nifplay.org/>





"Alden Open Mini Golf Night"  
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# Adult Ukulele Strumming



# Object Play

**“The correlation of effective adult problem solving and earlier encouragement of and facility in manipulating objects has been established...”**

National Institute for Play. (n.d). Retrieved from <http://www.nifplay.org/>





# Board Game Events

unolibraries. (2016, April 17). Game night is tonight until 9! We've got Sequence going on now, but there's a whole cart of games waiting for you [Instagram photograph].  
<https://www.instagram.com/p/BEUgTqTSP0O/>

unolibraries. (2016, April 17). Giant Jenga. Yes. In the library. Now. It's glorious. [Instagram photograph]. Retrieved from  
<https://www.instagram.com/p/BEypntMyPFb/>



## Imaginative Play

**“pretend play,  
which continues to  
nourish the spirit  
throughout life, and  
remains key to  
innovation and  
creativity”**

<http://www.nifplay.org/science/pattern-play/>





# Mystery Dinner

"Purcell- Mystery Dinner Theater 039" by Pioneer Library System is licensed under CC BY-NC-ND 2.0





# Social Play

**“From the simplest romp and wrestling of young animals to the most jocular and complex banter of close friends, social play is a key aspect of play behavior.”**

National Institute for Play. (n.d). Retrieved from <http://www.nifplay.org/>



# Adult Spelling Bees

"9th annual UBC Library/United Way  
Spelling Bee" by UBC Library is licensed  
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# Norman, OK Crowns Tea Event Based On Photoessay

Crowns: Portraits of Black  
Women in Church Hats

"2010 Crowns Tea 334" by Pioneer Library  
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# Storytelling & Narrative Play

**“...stories...enliven and help us understand ourselves and others...”**

National Institute for Play. (n.d). Retrieved from <http://www.nifplay.org/>





# Oral Histories

*"Library Oral History Project"*  
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Calef Library in Washington



# Creative Play

“[through play] we can access fantasy-play to transcend the reality of our ordinary lives, and in the process **germinate new ideas**, and shape and re-shape them”



# Creative Play

Community art project High Plains Library District.

Image used with permission.







# Crafts!

unolibraries. (2019, April 24). We're building and making at Crafternoon! [Instagram photograph]. Retrieved from <https://www.instagram.com/p/BwphMyPALsz/>

Image used with permission.

# TYPES OF PLAY

# Poll



ATTUNEMENT



BODY AND  
MOVEMENT PLAY



OBJECT PLAY



IMAGINATIVE  
PLAY



SOCIAL PLAY



STORYTELLING  
AND NARRATIVE  
PLAY



CREATIVE PLAY

**What types of adult  
play have you had in  
your library?**



# Where do we play?

*Seek opportunities to engage with  
our communities through play*



Davis, M. (Jly 25, 2019). Librarians mud wrestling pig.[Photograph].Retrieved from <https://www.powelltribune.com/stories/librarians-vs-pigs-pig-wrestling-draws-a-full-crowd,20228>



# Tying it together

- 1) Understand benefits of play
- 2) Be aware of the types of players
- 3) Know your community demographics
- 4) Create a variety of opportunities for play

# ***Power of Adult Play***

- **Using this information to advocate to stakeholders in support of library mission and adult programming resources.**
- **Communities that play together form relationships and skills that allow them to negotiate difficulties.**

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## What makes us special?

### Program Structure

- Synchronous meetings
- Extensive support/mentorship from instructors
- Field site experiences
- Project based learning
- High employment placement rates

### Innovative Curriculum

- Intro to Library Services
- Children's Lit
- Digital Citizenship
- Practicum (internship)
- Teach/Learn in Digital Environments
- Research and Inquiry
- Organization of Information
- Adult Services and Outreach
- Leadership/Management in libraries

### Guiding Principles

- Professionalism/Leadership
- Community of Practice
- Critical & Creative Thinking

Contact program coordinator, Erica Rose, for more information:  
[ecrose@unomaha.edu](mailto:ecrose@unomaha.edu)  
970-231-7372

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# Q&A

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## Bringing Play to Adult Services Programming: It's Not Just for Kids

- ▶ Tuesday, October 15
- ▶ 1:00 P.M. ET

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