

## WORKSHEET FOR PLAY

What games did you play as a child?

What games did you enjoy?

At what age did you stop playing these games

Are you still playing some games? Yes/no. If yes what are they?

What messages did you receive from your parents regarding play when you were:

5 years old

9 years old

12 years old

15 years old

18 years old

Now

What messages did you receive from other adults (family members, teachers, etc) at those same ages: Who were the adults and what were the messages?

5 years old

9 years old

12 years old

15 years old

18 years old

Now

How did you play as a:

Teenager

Young adult

Middle-aged adult

Senior adult

When you were dating

When you were first married

Before you had your first child

After your first (and other) child(ren) came along

Now

What have you learnt from your answers about how you now play and your attitudes towards play?

How can you incorporate more play into your life as an individual, couple and family?

*After you have each filled out your questionnaire set aside some time to share with your partner. Then develop a coupled play contract. For more guidelines on how to do this see my book "Couples and the Art of Playing".*