



RECESS AT WORK

Week 1 Tip Sheet: What is Play

As it pertains to work, play in adults can be defined as:

- A behavior or activity carried out with the goal of amusement and fun that;
- Involves an enthusiastic and in-the-moment attitude or approach, and;
- Is highly interactive among play partners or with the activity itself. (Van Vleet and Feeney)

This activity can be different from person to person, but adhering to these three components helps to identify appropriate play at work. When playing games with your coworkers, remember to keep competition light, banter to a minimum, and to be inclusive to all those who would like to participate.

“Play keeps us vital and alive. It gives us an enthusiasm for life that is irreplaceable. Without it, life just doesn’t taste good”
-Lucia Capocchione

For this month’s challenge, you are asked to play a small, quick game with one or more co-workers at least ten times throughout the month, on ten separate days.

Games played during this week are worth 2 squares each. On your tracking sheet, count two squares and then record the date.

Need game ideas?
Try this:

[Pen and Paper Games](#)

Remember to return your Tracking Sheet to wellness@weber.edu or MC 3501 by July 6th.

