

**2019 Florida Recreation and Park Association’s Annual Conference**

**PLAYFUL PLAY**

**PRESENTER:** Margot Escott, LCSW, Psychotherapist, Improv4Wellness Instructor

**GOALS:**

Participants will be able to identify the physical, emotional and spiritual benefits of play and laughter.

Participants will experience Playful-Play Games and be able to teach to diverse populations.

Participants will discuss how to use these games in their work settings.

**PLAYFUL PLAY BIBLIOGRAPHY**

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De Koven, Bernard (2004). *Junkyard Sports. Human Kinetics*. Champaign, IL

De Koven, Bernard (2013). *Well-Played Game*. MIT Press. Cambridge, Ma.

Fluegelman, Andrew (1976). *The New Games Book*. Dophin Books/Doubleday. NY, NY.

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