

## The Neurology of Play

<https://www.npr.org/sections/ed/2014/08/06/336361277/scientists-say-childs-play-helps-build-a-better-brain>

<https://www.aspenideas.org/session/neuroscience-play-what-play-does-you-and-your-brain-and-what-happens-you-if-you-dont-play>

<https://files.eric.ed.gov/fulltext/ED427845.pdf>

<http://psycnet.apa.org/record/2012-22641-001>

<https://www.newscientist.com/article/mg20227052-000-what-is-play-for-neuroscience-wades-in/>

<https://www.google.com.au/search?q=neurology+of+play&og=neurology+of+play&aqs=chrome..69i57j0.3265j0j8&sourceid=chrome&ie=UTF-8>

<https://www.psychologytoday.com/au/blog/memory-medic/201412/the-neuroscience-why-children-play>

<http://www.journalofplay.org/sites/www.journalofplay.org/files/pdf-articles/7-1-article-how-play-makes-for-a-more-adaptable-brain.pdf>

Exploring the neuroscience of play helps us know why play is so good for us as children and as adults. When the cortex is removed from rats, they still play – ie. Play occurs in the primitive brain. It helps us be adaptive. It helps us connect with others. If we don't play there can be disastrous consequences. Play gives us the ability to adapt to stresses and be resilient. Lee will present this information playfully – so we can retain the information – using youtube videos as well as references to journal articles and plenty of time for discussion – so you come away feeling more connected to your professional peers and more able to adapt to the challenges of your clinical practice!!!