



## JAM #4 PLAY ON DEMAND

**Play On Demand** – the most external impact on your playfulness. An extension of Playing by Design. Install play into your world so it's always at hand and inspires your playful spirit.

**The archetype is the Queen** because you have dominion over your queendom/your environment.

### THE IMPACT OF OUR SPACE ON PLAY

Our environment has a big impact on our state of mind – consciously, subconsciously, and unconsciously.

Companies are getting very focused on the impact of their office design on creativity, which means play.

We need symbols that not only remind us to be playful, but that give us permission to embrace our playfulness. Companies are filling their spaces with vibrant colors, games, interior gardens and, in some cases, large slides as a way to stimulate the imaginations of their employees and reduce the stresses associated with meeting goals and deadlines.

#1 question: Is there room to play? Do you have a playroom?

#2: Does your space delight you? Do you want to bring play into your overall space?

How: Design elements:

1. Light – Natural light has the biggest impact on our sense of well-being, uplifting. Keep windows clean!
2. Color – Huge impact on mood – Goethe and
3. Plants – A lot of research shows that plants have a dramatic effect on our sense of well-being. Happiness, health, creativity, and productivity

4. Photos – pictures in which you and your loved ones are happy. A picture of you in a pink wig being silly.
5. Sound and Silence – Huge impact on mood! Quiet (get that refrigerator fixed), music, chimes, little fountain
6. Scent – Subtle but has a big impact on your mood. Flowers, essential oils, candles...
7. Clutter – Make sure you only keep the objects that bring you joy

**Collect objects, quotes, etc that delight you.**

Have your toys handy...so you can doodle with colored pencils or strum the guitar even when you only have a short break.

Put phys ball in your space. Bounce!

Some people like empty, calm space that they can fill, others like objects that

**Change:**

No matter how playful our environment is, eventually, if it stays the same, we stop noticing it. So it's important to switch things up.

**Non-literal things:** Turn something into something else. At IDEO they used an old VW camper as a private office, an English phone booth as a coat closet. A colander for a lampshade. It shakes up our categories.

The balance between calm and stimulation – We need both!

**EXERCISE – IN THREES - What delights you and stirs your playful nature?**

**SHOW AND TELL** - Get a prop, something that's already in your space or that you want to put in your space.

**Keep Play Coming**

At IDEO we had a big magazine rack with every possible magazine from Car to housekeeping.

We'd snag any object that delighted us or, if it wasn't snaggable, take pictures of it. Presentations every Friday at noon – salsa dancing, how to make cheese, etc.

If you like Magazines, things delivered to you in your in-box! Play sparks. If you like white water kayaking, subscribe to the forum. Whatever will keep it popping up in your in box or mailbox.

And cancel subscriptions to things that aren't alive for you.

Maintain the life in your life. LI( )FE! Remember, you are the Queen/King