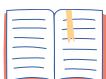


# Play as Survival with Prof Alison James

# COURSE

In today's dynamic world, play is not merely a leisure activity but a vital component of personal development and survival. Professor Alison James's course, "Play as Survival," delves into the multifaceted role of play in human life, drawing parallels from animal behaviour to highlight its significance in developing essential life skills.



## About This Course

This interactive session focuses on:

### **Understanding Play's Functions:**

Exploring how play contributes to physical development, skill acquisition, energy regulation, and environmental navigation, similar to behaviours observed in the animal kingdom.

### **Reevaluating Personal Play:**

Encouraging participants to reflect on their own play habits, recognising its complexities and intrinsic value beyond mere entertainment.

### **Integrating Play into Daily Life:**

Identifying practical ways to incorporate play as a tool for personal growth and resilience.

Participants are encouraged to bring a handful of building bricks (such as LEGO) or alternative building materials, along with paper and a pen, to engage in hands-on activities during the webinar.

### **About the Presenter:**

Professor Alison James is a renowned expert in creative and playful pedagogies, serving as a LEGO® Serious Play® facilitator and holding the position of Professor Emerita at the University of Winchester. With extensive experience in staff and educational development, she has co-authored influential works such as "Engaging Imagination: Helping Students Become Creative and Reflective Thinkers" and "The Power of Play in Higher Education: Creativity in Tertiary Learning." Her research and practice focus on integrating play and creativity into complex learning environments.



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**Why This Course Will Benefit You:**

Engaging in this course offers several advantages:

- **Enhanced Self-Awareness:** Gain insights into the role of play in your life and its impact on personal development.
- **Practical Strategies:** Learn actionable methods to incorporate play into daily routines for improved well-being.
- **Resilience Building:** Understand how playful activities can serve as tools for navigating challenges and building mental resilience.
- **Community Engagement:** Connect with others to share experiences and strategies for integrating play into various aspects of life.

By participating, you'll acquire valuable tools to harness the power of play, enhancing your ability to thrive in diverse environments.

