# The Power of Play
## Making Good Teams Great

By Portia Tung

# Portia Tung



## Agile Coach-Consultant, Storyteller, Playmaker

Blog: www.selfishprogramming.org | Twitter: portiatung

Email: portia@portiatung.org

# Play at Work

As a play seeker/play sceptic*

I need ideas on how to play at work

So that we can improve individual and team performance.

**Success Criteria**

[ ] I have a working knowledge of play

[ ] I can explain the importance of play at work

[ ] I have one or more ideas to try back at work

[ ] I've had fun!

* Select as appropriate

# Play is…

Seemingly purposeless
Voluntary
Inherent attraction
Time flies by
Reduces sense of self-consciousness
Potential for improvisation
Desire to keep going

Stuart Brown M.D.,
Founder of the National Institute of Play

# The Play Manifesto
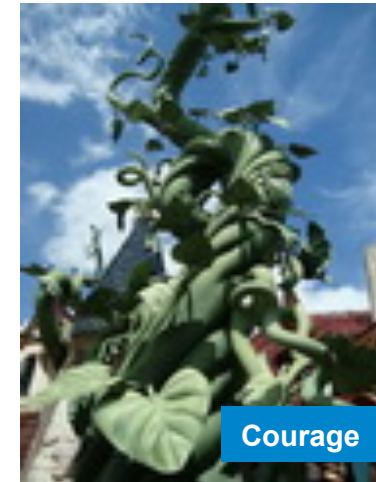
## "Play is when you have more fun than purpose"



Everyone's invited
An option not an obligation
Opportunity to give and receive
Game-changing

www.playmaking.org
with Portia and Friends

# Common Sense Caution

# Playmaking Rules



**Communication**



**Courage**

**Feedback**



**Simplicity**

**Respect**

Based on the XP Values from Kent Beck and Cynthia Andres

# Welcome to the Play Assessment...

# "Play or Nay!"

# Play or Nay?

# Play or Nay?

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# Play or Nay?

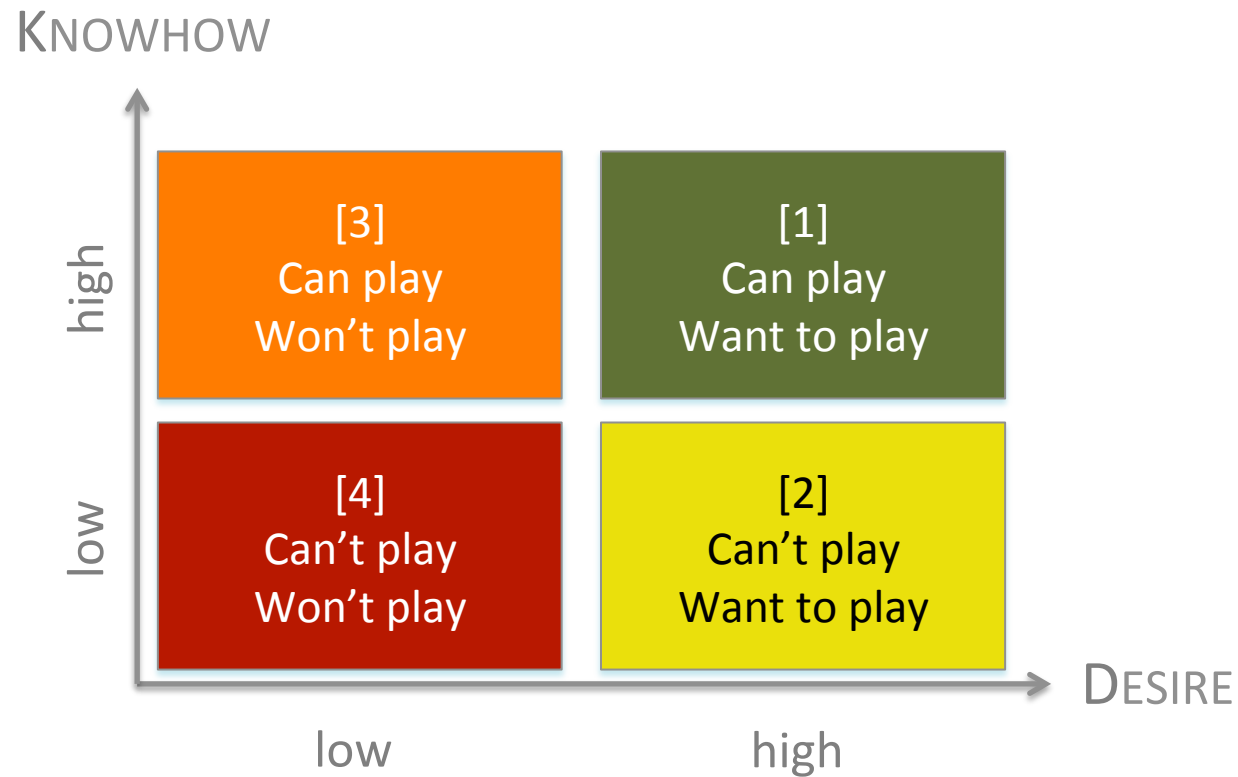# Play or Nay?

# Congratulations...
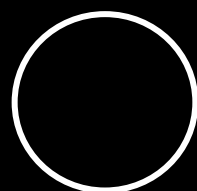
Computer says you have play potential

When was the last time you played...

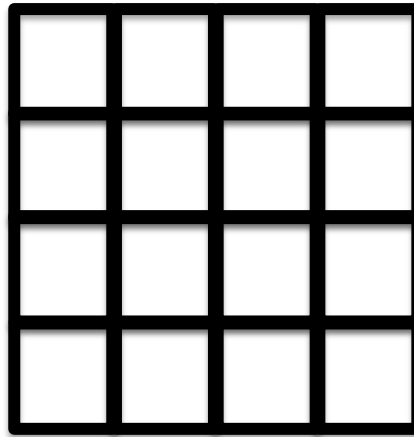When was the last time you played?

...at work?

# Play Seeker or Play Skeptic?

Don't be a sea squirt, be like Nemo instead

# How many squares?



**Which is the correct answer?**

a) 17
b) 26
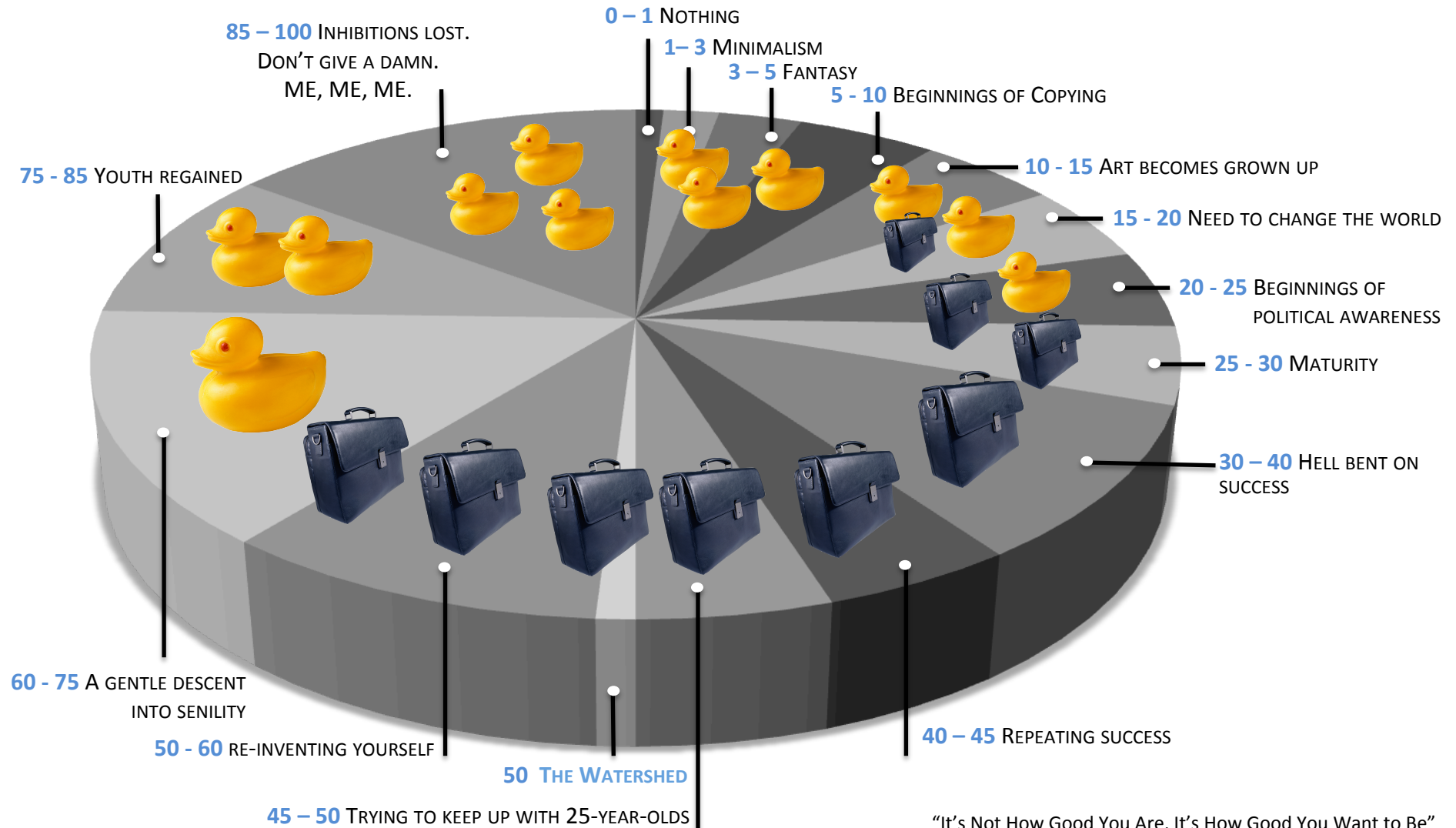c) 30
d) None of the above

# Why play?

Shapes an organism's brain

Makes animals smarter and more adaptable

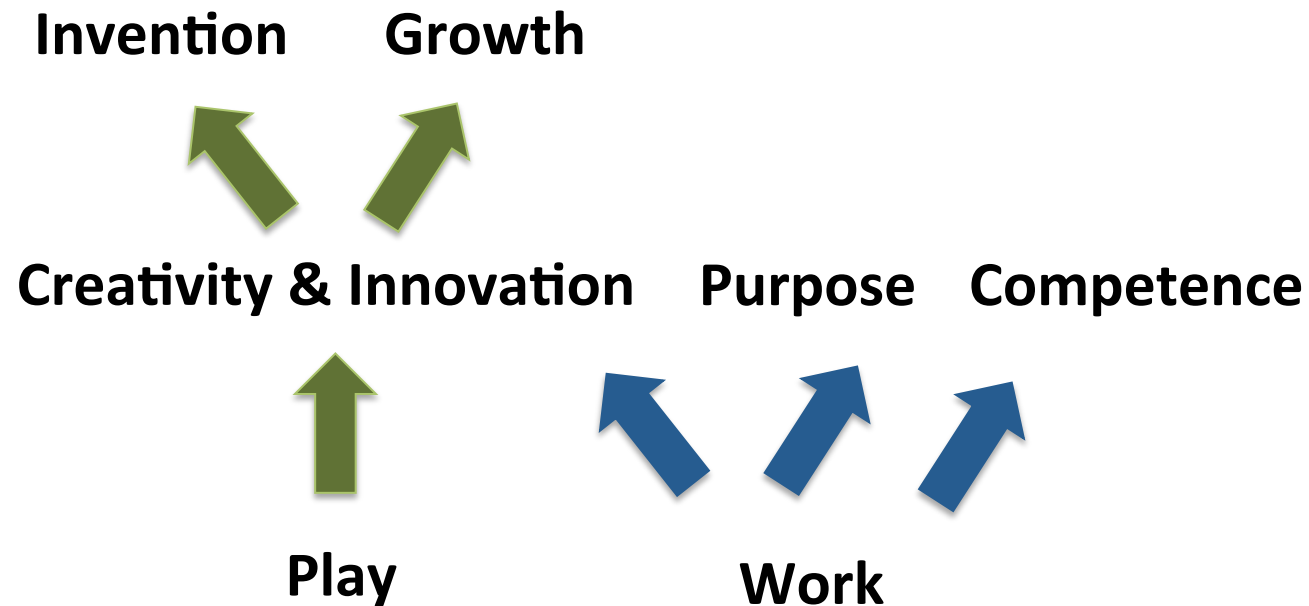Enables us to sustain social relationships

Fuels creativity and innovation

# Life's Creative Circle

Play    Work

0 – 1 Nothing

1– 3 Minimalism

3 – 5 Fantasy

5 - 10 Beginnings of Copying

85 – 100 Inhibitions lost.
Don't give a damn.
ME, ME, ME.

10 - 15 Art becomes grown up

75 - 85 Youth regained

15 - 20 Need to change the world

20 - 25 Beginnings of
political awareness

25 - 30 Maturity

30 – 40 Hell bent on
success

60 - 75 A gentle descent
into senility

50 - 60 re-inventing yourself

50 The Watershed

40 – 45 Repeating success

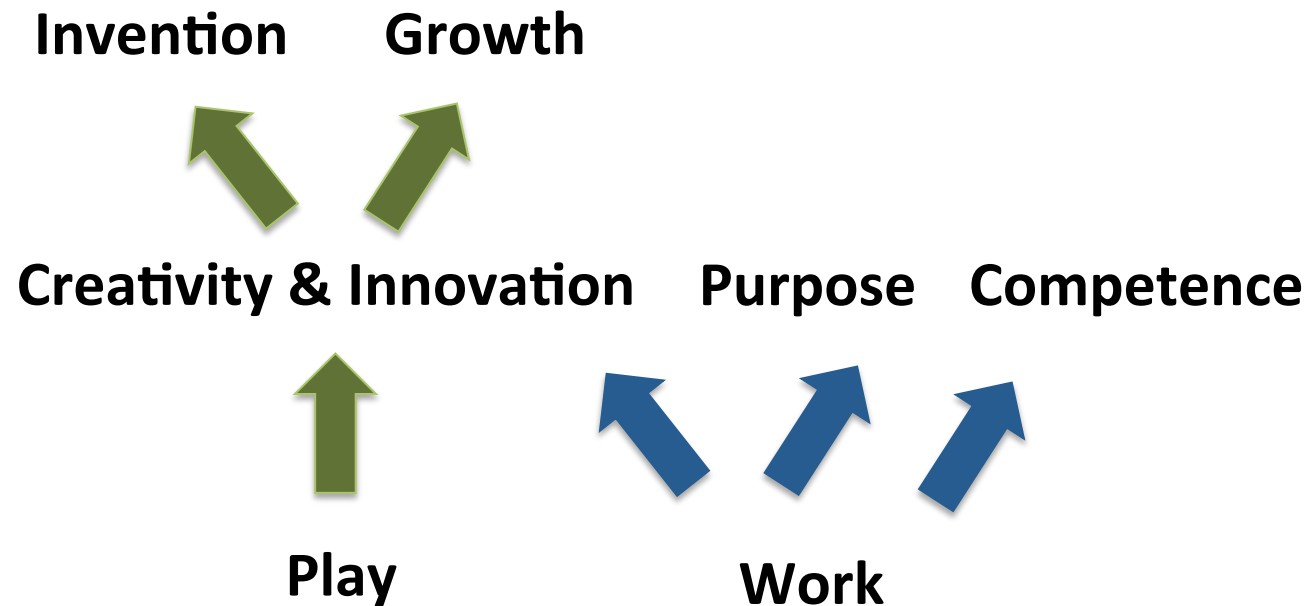45 – 50 Trying to keep up with 25-year-olds

"It's Not How Good You Are, It's How Good You Want to Be"
By Paul Arden © 2003 Phaidon Press Limited
Creativity-Play-Work Mashup by Portia Tung

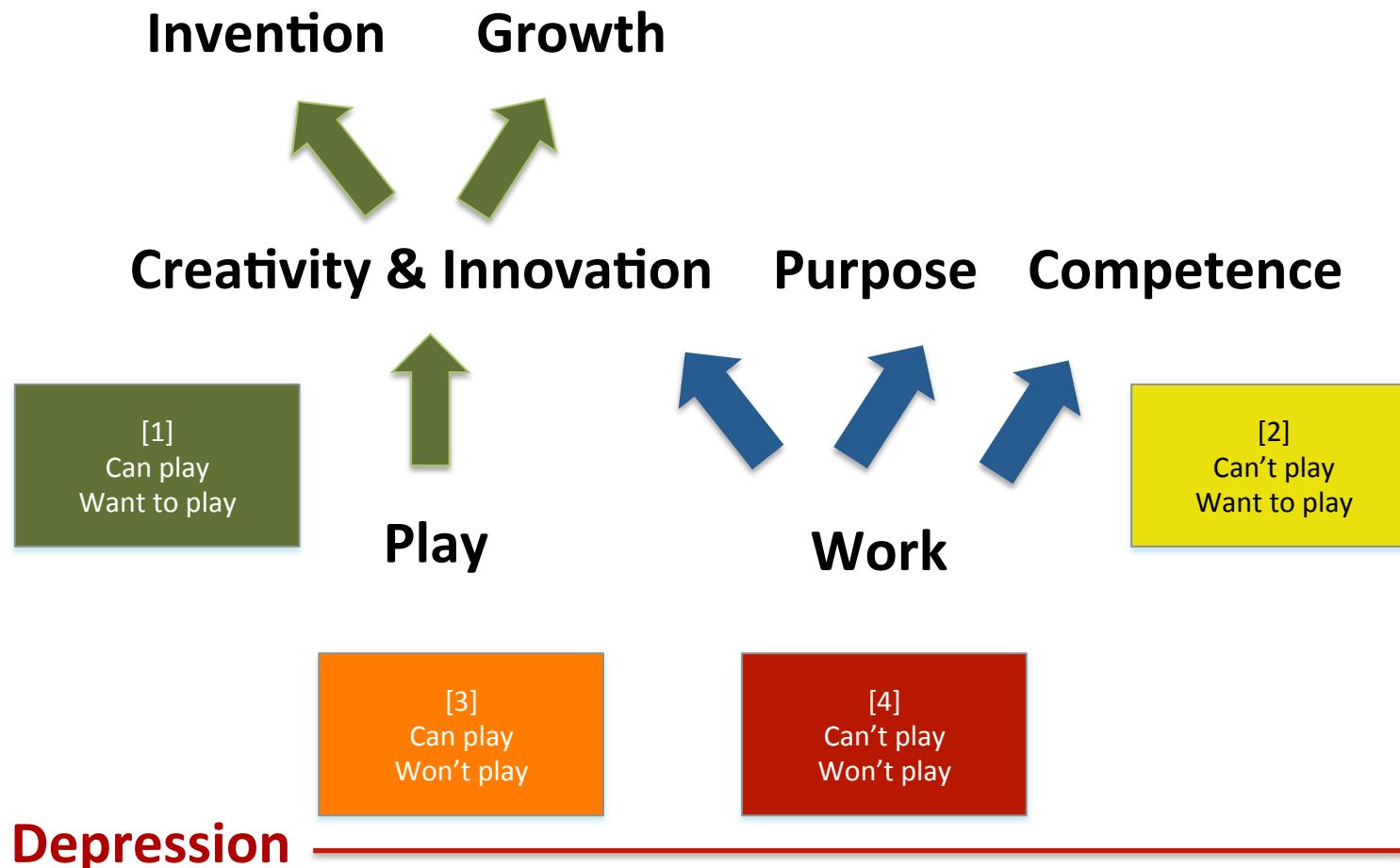# What's the opposite of Play?



Invention    Growth

Creativity & Innovation    Purpose    Competence

Play    Work

# SUPERHANDZ
# PRESENTS

# What's the opposite of Play?

Invention    Growth

Creativity & Innovation    Purpose    Competence

Play    Work

# The Opposite of Play

Invention    Growth

Creativity & Innovation    Purpose    Competence

| [1]
Can play
Want to play | | [2]
Can't play
Want to play |

Play    Work

| [3]
Can play
Won't play | [4]
Can't play
Won't play |

Depression

# Your Recommended Daily Amount of Play

5 – 10 mins of play per day

1 day of play lasts up to a week

Little and often

# Tell us about your favourite childhood toy

# Why should adults play?

Breaks down barriers between people

Opens the mind to enable learning

Opens the heart to create a connection

Source of joy

Source of hope

How can we infuse work with play?

# 1. Give yourself a break

# 2. Go for Social Play

# 3. Combine breaks with Social Play



The Marshmallow Challenge
London, 6 May 2011
www.marshmallowchallenge.com

# 4. Combine personal development with Social Play

# 5. Play as training

The Play Process Model by Scott Eberle, VP for interpretation at the Strong Museum of Play in New York

Anticipation

Surprise

Pleasure

Understanding

Mastery

Poise

# 6. Play for process improvement



The Bottleneck Game – London, 6 August 2009
www.agilecoach.net

# 7. All work and play

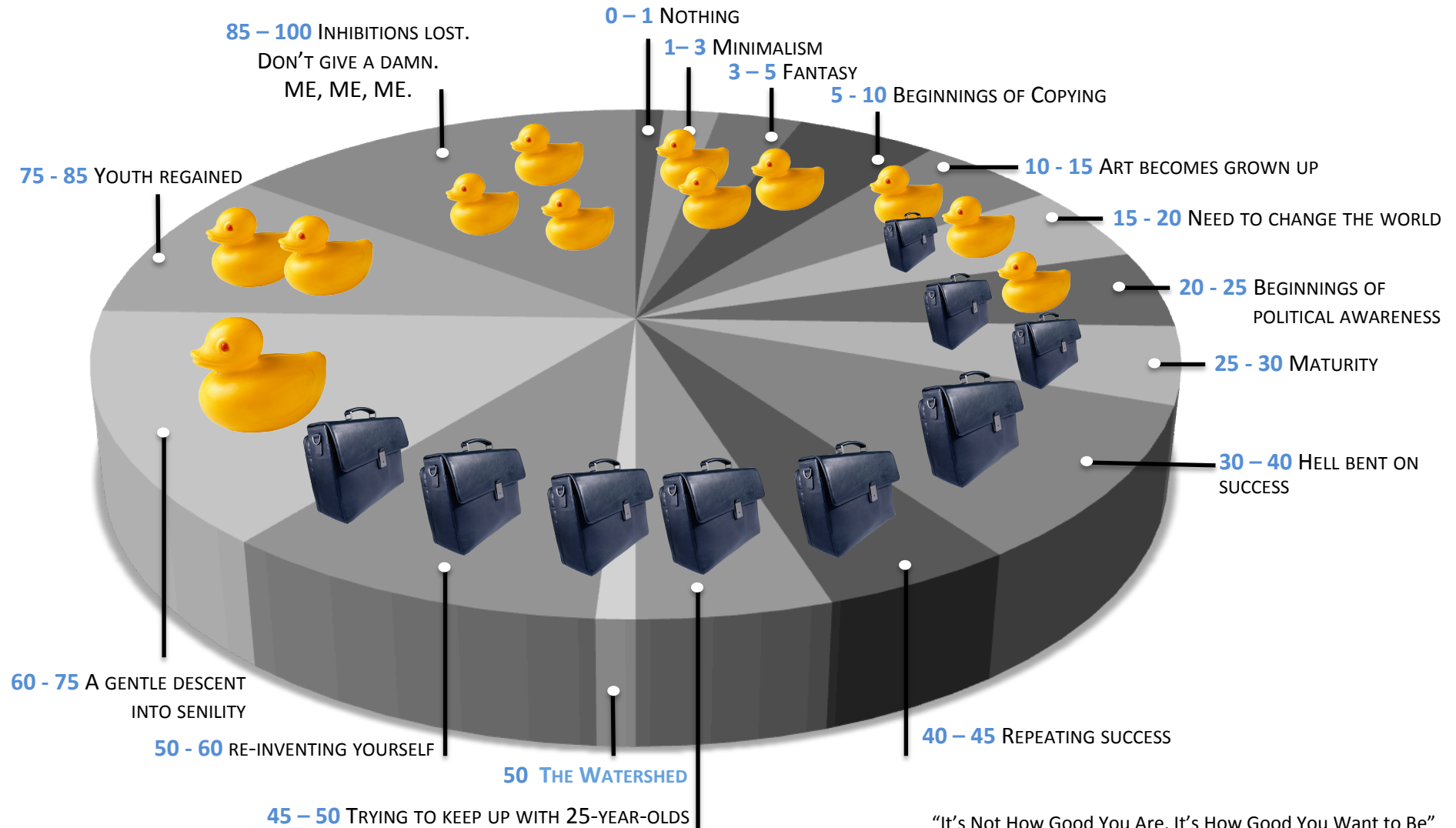# How can you combine work with play?

Dear Playmaker...

Isn't it time you fulfilled
your play potential?

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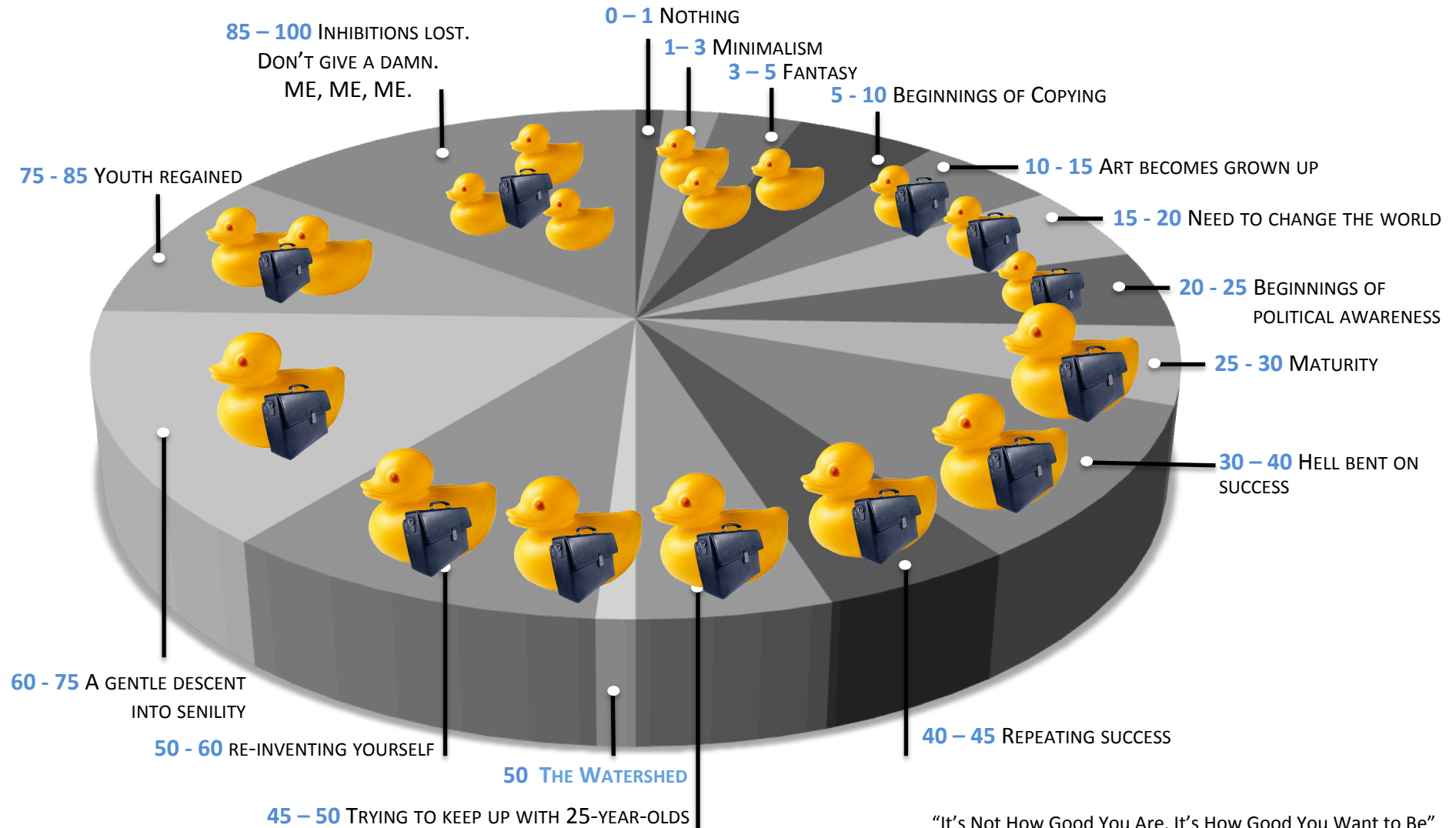
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# Read Play Do!

**READ**

- "Play" by Stuart Brown M.D. – National Play Institute

- *"The Power of Play: How educational games accelerate learning and bring about enduring change"* by Portia Tung @agilejournal.org

- "The Power of Play" by Portia Tung on slideshare.com

**PLAY**

- www.playmaking.org

- marshmallowchallenge.com

- www.agilefairytales.org

- www.agilecoach.net

- www.tastycupcakes.org

- www.innovationgames.org

**DO**

- Emily Fox as Cupstacking Champion - http://www.youtube.com/watch?v=xNG3sgk02Lc

- Daniel Wolpert – The Real Reason for Brains - Ted.com and search for "Play"

- Steve Keil – A play manifesto for play, Bulgaria and beyond – Ted.com

- playmanifesto.org

- agilegames2011.org

- play4agile.org

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