

Shapes for Living

Week 4 Playing. Cue card exercise

The word 'Playing' here is used in its widest context – what we do for fun, relaxation and to create personal space. It would be interesting to draw out of people what gives them most pleasure, refreshes them, relaxes them. What they choose says a lot about how they might spiritually grow too.

Questions about how we 'play' might include:

How do I 're-charge my batteries'?

How easy do you find it to 'switch off'?

What helps me to relax?

Where do I like to go on holiday?

What are my hobbies/interests?

Do I have pets and if so, how do they help me relax or exercise?

Do I regularly exercise?

What activities nurture my creative side, or help me learn new skills?

What helps me express myself?

What excites me?

Do I like to be on my own, with others, or either?

Do I like to make things?

Would I describe myself as 'adventurous'?

Would I describe myself as creative?

Do I have a secret wish to... (be a rock guitarist, a painter, a sportsperson, actor, writer, cook, walk the Santiago de Compostela route, etc.)?

One way to explore these questions and any others you might think of, is to produce a set of cue cards with one of these questions on each of them – ask people to take a card and discuss it (if they feel they can).

Do encourage contributions and express interest in what comes out. Explore how play helps us balance and look after our body, mind and spirit.