**Finding Ways To Play More**

This is just one of the exercises from the book Be More Kid. To gain maximum benefit, it should be carried out in conjunction with reading the book and as part of the other Be More Kid exercises.

For many reasons as we outline in Be More Kid, play is important. The following exercise will help you find ways to play more with all of the benefits that will bring.

**We suggest that you build into your days, a way to play every day for the next 14 days and make sure you do it, even if you feel tired or can’t be bothered. We say 14 days because this is the time that it takes to build new habits. Playing every day will start to install within you taking time to play each day.**

**Here are some suggestions to get you started, but don’t just stick to these ideas:**

**●  Have a ‘staycation’ and visit places in your home town as though you’ve never been there before.**

**●  Turn your TV off once or twice a week and play the board games you used to love as a kid.**

**●  Try out a new sport or activity.**

**●  Do a jigsaw.**

**●  Play crazy golf.**

**●  Take part in a group activity outdoors.**

**●  Take a spontaneous road trip in the car. Pack a quick picnic to eat enroute, take an overnight bag and go where the road takes you.**

**●  Get hold of some garden games, invite some friends and family round and get playing. If you don’t have a garden, take the games to the park. Get everyone to bring an item of food and drink with them and see what arrives.**

**●  Go to an amusement park and have fun on the rides.**

**●  Take a trip to the seaside and visit an arcade. Do all the things you loved as a kid.**

**●  Get a group of friends or family together and go ten-pin bowling. Make**

**some prizes to give out or bring silly hats to wear when someone does something like getting a strike or missing all the pins completely.**

Engage with your inner kid and you will come up with your own ideas, consider everything that you think of, nothing is too silly.

Then when you are playing get fully involved and forget any mindreads of what others might or might not be thinking about you.

Take every opportunity that you can to Be More Kid and you will be able to tap into the feeling of inner contentment even when things get challenging, you owe it to yourself to live a meaningful and fulfilling life.