

8. Play and work

What types of activities are more like a play for me, and which feel like a work?

What is it like when I play?

What is like when I work ?

How can I learn more about the topic of Play and Work?

What else do I want to remember about this topic?

Homework: PLAYFUL CALENDAR

INSTRUCTIONS: Schedule for **each day next week at least one playful/important/not urgent activity** and give it specific time in each day, put in down into your calendar.

Try to keep up with this plan. If you succeed, watch the impact of that particular activity had on your day, mood, etc. If you forget, see what did you do instead? Was it important? Or urgent? Or..?

... and write down your comments, thoughts, feelings from this exercise.

What was it like? What did you learn?

How did your buddy help you with learning this week?