



Is It In You? The Role of Playfulness in Healing & Strengthening Children Deeply Impacted by Trauma

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4th BIENNIAL TRAUMA CONFERENCE

Addressing Trauma across the Lifespan: Integration of
Family, Community, and Organizational Approaches

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Productions Presents...



**Who Wants to be a
Playmaker!!!**

Question 1

50:50



According to Einstein, the important thing is to keep the important thing...

A. Front and center

B. In the back of your mind

C. In the fridge behind the mustard

D. The important thing



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Question 1

50:50

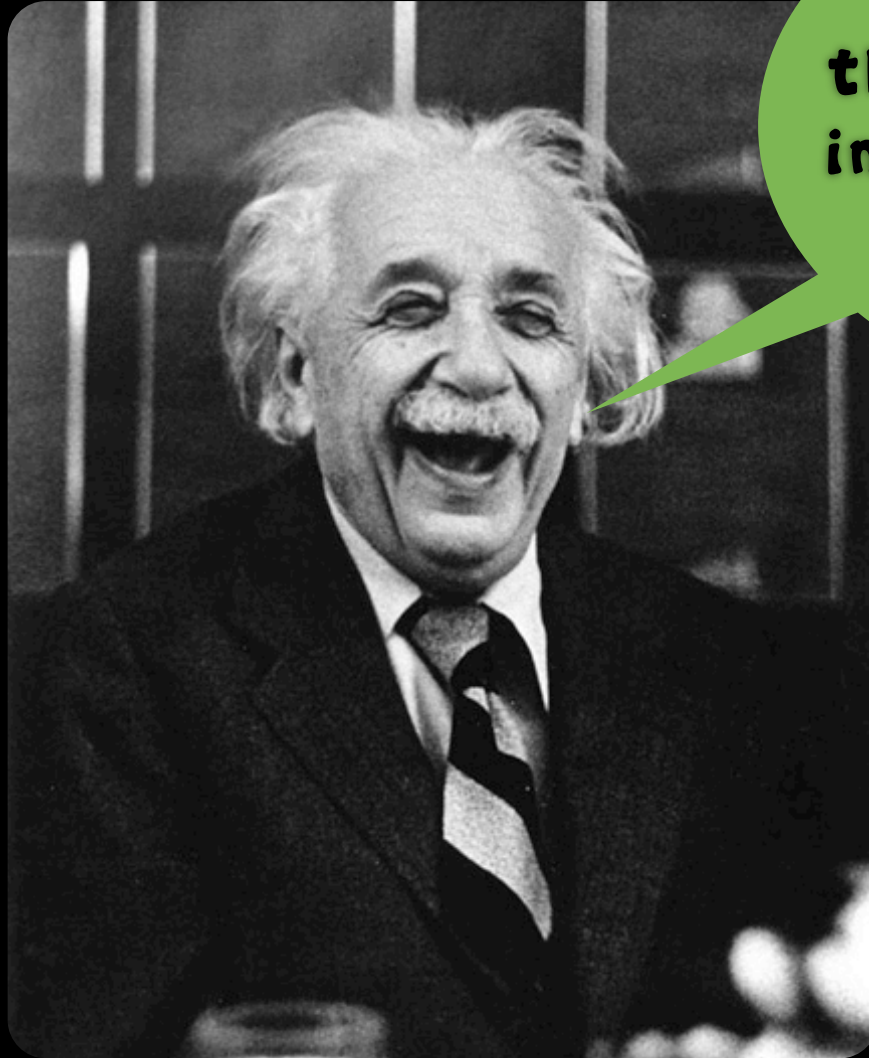


According to Einstein, the important thing is to keep the important thing...

D. The important thing



LIFELINES



Albert Einstein

**The important
thing is to keep the
important thing the
important thing.**



Question 2

50:50



**According to the Journal of preventative medicine,
what is the most threatening health crisis in America?**

**A. Obesity related
Conditions**

B. Cancer

**C. Adverse Childhood
Experiences**

D. Heart Disease



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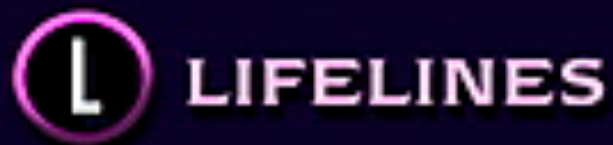
Question 2

50:50

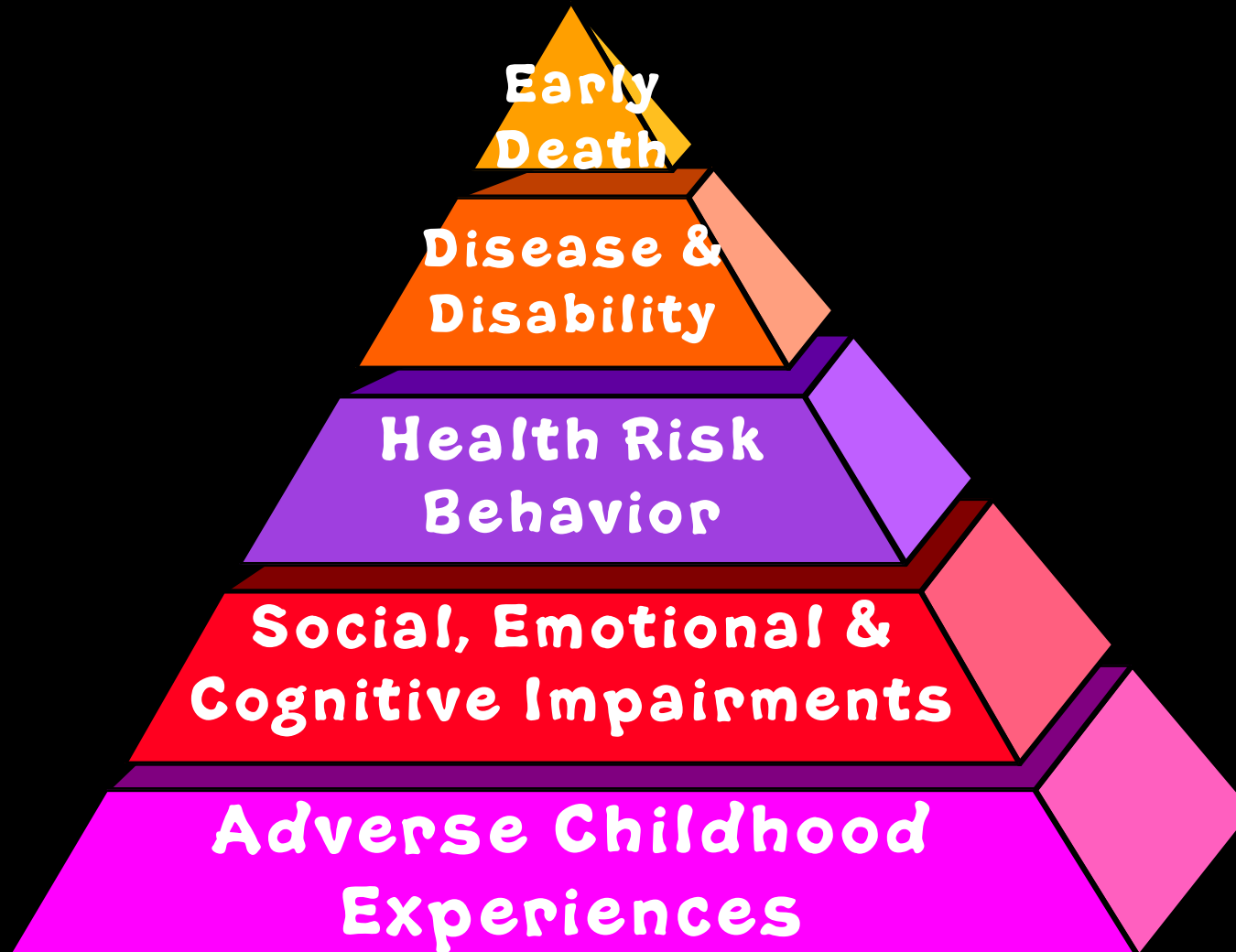


**According to the Journal of preventative medicine,
what is the most threatening health crisis in America?**

**C. Adverse Childhood
Experiences**



U.S Center for Disease Control A.C. E. Study



Question 3

50:50



Jaak Panksepp discovered, through his experiment with rats, that...

A. Mammals are resilient

B. Fear destroys playfulness

C. Fear improves concentration

D. rat urine stains cashmere



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Question 3

50:50



Jaak Panksepp discovered, through his experiment with rats, that...

B. Fear destroys playfulness



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Play

Panksepp Play Study



Lots

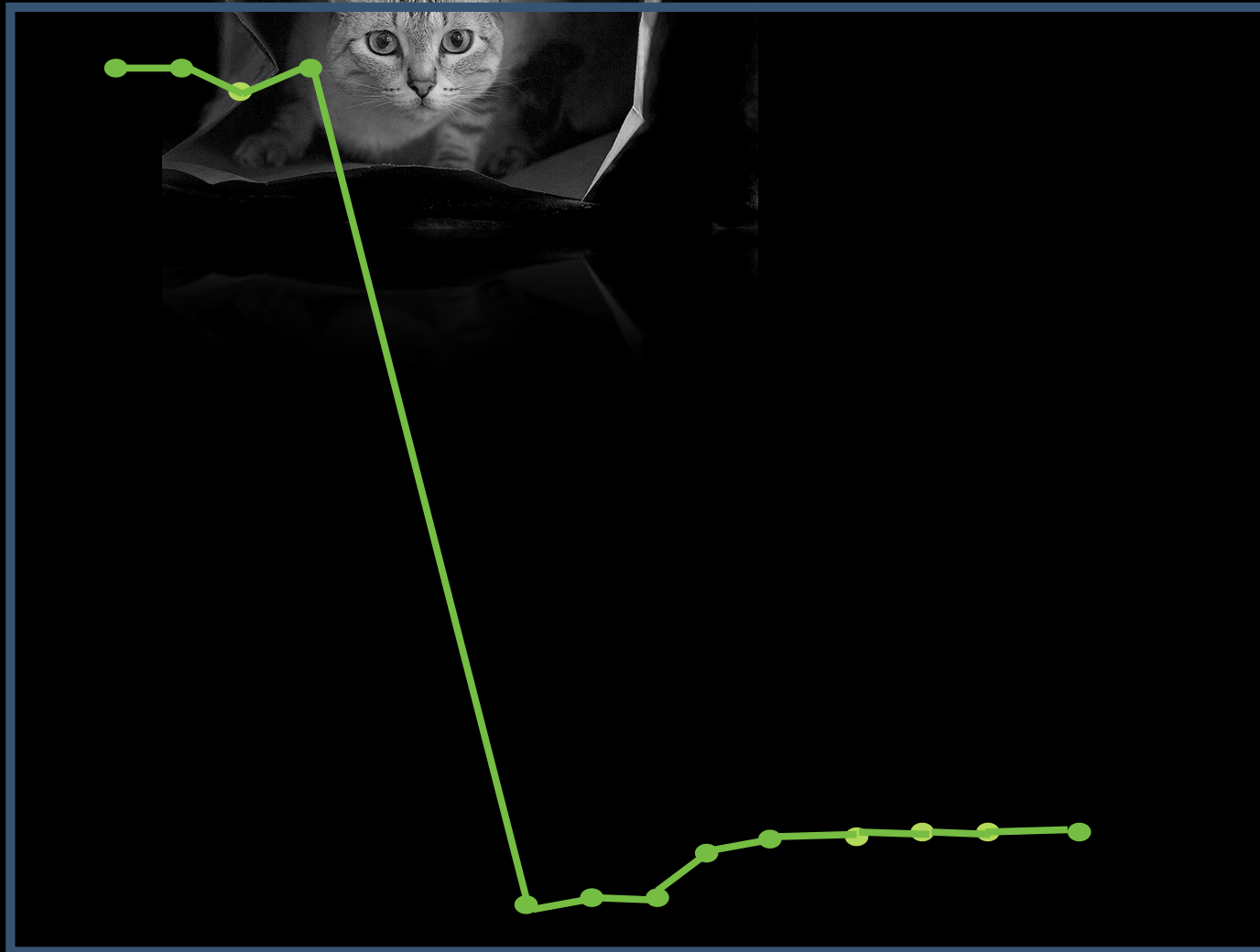
Some

Little

None

1 2 3 4 5 6 7 8 9 10

Days



Question 4

50:50



Which of the following is not a normal response to stress?

A. The body releases adrenaline & stress hormones

B. Brain and body go on alert

C. Increased heart rate & breathing

D. Stress response remains activated when stressor is gone



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Question 4

50:50



Which of the following is not a normal response to stress?

D. Stress response remains activated when stressor is gone



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Stress and the Brain



- Film Courtesy of The Center On The Developing Child at Harvard University

Question 5

50:50



According to the Life is good Playmakers what is the single most important trait that a child can have?

A. Joyfulness

B. Active Engagement

C. Social Connection

D. Playfulness



LIFELINES

Question 5

50:50



According to the Life is good Playmakers what is the single most important trait that a child can have?

D. Playfulness



LIFELINES

Question 6

50:50



Playfulness is best defined by...

A. Joy, Laughter & Energy

B. Games and Fun Activities

C. Engaging, Connecting
& Exploring

D. Puppies, Kittens
& Justin Bieber



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Question 6

50:50



Playfulness is best defined by...

C. Engaging, Connecting
& Exploring



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Playfulness?

Playfulness is the **motivation**
to freely & joyfully **engage**
with, **connect** with, & **explore**
the surrounding world.



Question 7

50:50



What is most responsible for making an activity playful?

A. The type of activity

B. Silliness & Laughter

C. The approach to the activity

D. All of the above



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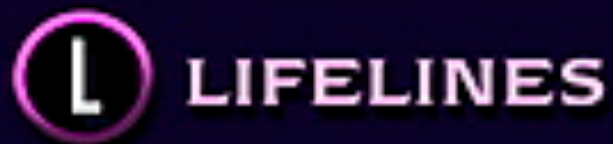
Question 7

50:50

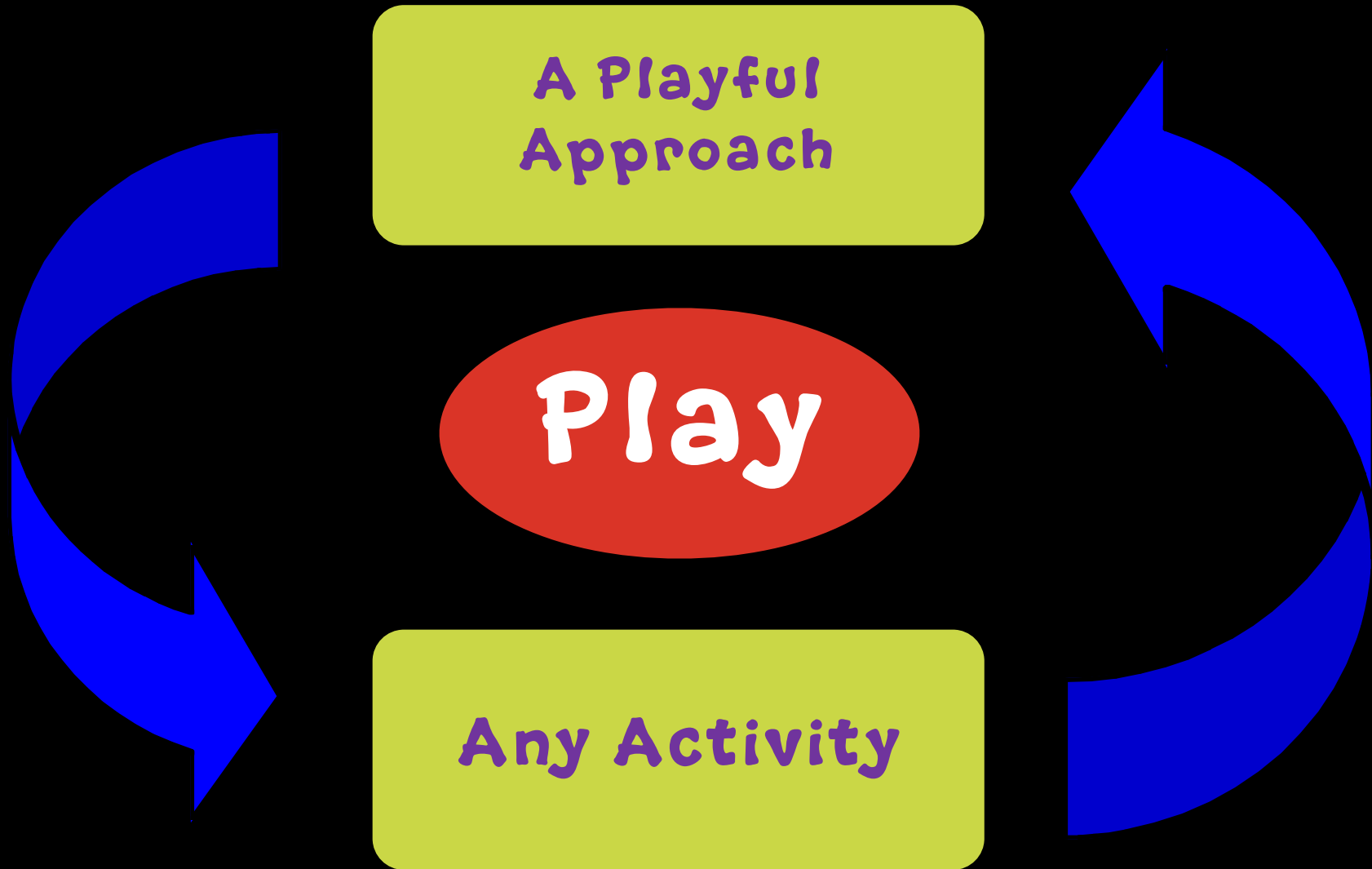


What is most responsible for making an activity playful?

C. The approach to the activity



A closer look at play...



Question 8

50:50



Which of the following is not one of the four key ingredients of playfulness?

A. Joyfulness

B. Active Engagement

C. Intelligence

D. Internal Control



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Question 8

50:50



Which of the following is not one of the four key ingredients of playfulness?

C. Intelligence



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Joyfulness



Joyfulness



**Social
Connection**



Joyfulness

**Internal
Control**

**Social
Connection**



Joyfulness

**Social
Connection**

**Active
Engagement**

**Internal
Control**



Joyfulness

**Social
Connection**

**Internal
Control**

**Active
Engagement**

