

# Pleasurable and enjoyable games



2. How did it meet some of the definitions of play including: pleasurable and enjoyable, no extrinsic goals, spontaneous and voluntary, active engagement, and make-believe?

Answer: As mentioned the first play day was based on cricket. The teams were much smaller and there was no padding. Therefore the players were in a lighter mood altogether. In nature, it is a very competitive game but due to a smaller number of players, it became much friendlier. It really felt good hitting the ball over the top. There was no motivation to win or defeat our opponents. Most rules were made spontaneously along the way. On the second playdate, it was a training session and I was a rookie therefore there was no pressure. The other players applauded and laughed at my each short it was all fun. A couple of times the goal let my ball in willingly just to have a good laugh.

3. Looking into the future, how can activities such as this help you stay balanced as a parent with your children or children around you?

Answer: To understand anything in life one has to be in their shoes. This is why I think learning to play is an important part of being a parent. Most parents force their children to spend extra time in study or work. I for once have felt the joy of the game and know that no amount of success in life can match the freedom of playing on the field.

4. How did you feel about life responsibilities after you had taken the time to play?

Answer: The responsibilities in life had a different perspective as I reflect now after my experience. There are no reasons that life can not fun. For example, in a game, you have to score a goal but you do it without worry or pressure. Similarly, I think that one should not try to run away from the responsibilities

of life but in fact, learn to enjoy them.

5. Did taking time to play slow down the hectic pace of your life?

Answer: During playtime, everything slowed down and after coming back from the field there was a realization that I something was missing. It felt as every other day goes by without meaning and event.

6. Did taking time to play affect your ability to get other things done in your life?

Answer: The play days really gave me mental freshness and agility. One back home I was eager to move from my couch and get work done. This shows that sports make a person active and therefore also positively affect our work.