Playfulness

Is There A Point?

pretty shitty how baseline human activities like singing, dancing and making art got turned into skills instead of being seen as behaviors
so now it's like 'the point of doing them is to get good at them' and not 'this is a thing humans do, the way birds sing and bees make hives'.

Ian McKellen
Curated by Dead Poets Wilde

Okay….see you next Sunday :D

Creativity is not the possession of some special talent.

It's about the willingness to play.

-John Cleese

Playfulness

What is it?

Playfulness

What is it?

Children at play are authentic in how they show up

- they **move**, they wonder, they explore

- **they are gleefully in the moment**…

…until…

It can feel foolish to pause to marvel at the stars when the world is burning. Or to find the world beautiful when you've known it to betray you.

But wonder is a liberation practice. A reminder that we contain more than tragedy. Beauty is our origin and our anchor.

Can you remember a time (or times) as a child when you felt fully alive?

(What were you doing? What was happening around you? How did it feel?)

1. Is there a point to playfulness?

   What is it for you?

2. What can you imagine doing to bring more movement and playfulness into your life?

   How could that help you become?