



## PLAY & Literacy

I have always enjoyed the quote that PLATO made all those years ago: “*You can discover more about a person in an hour of play than in a year of conversation.*” It makes me laugh, and at the same time I see its wisdom.

I simply love to **PLAY!**

Trained in Early Childhood in the 70’s and Journalism Arts in the 80’s I grew a passion for young people, writing and literacy.

Literacy at its simplest is the ability to communicate numerically, visually, verbally and graphically; this passion remains with me today although, I did get knocked sideways.

Literacy was at the root of a literacy organization I founded that began three magazines in the 90’s, all written *by* and *for* youth with a goal of building community through communications; it also followed me through a recovery from TBI (traumatic brain injury) and multiple physical injuries in the 2000’s; and in the past decade motivated me to revisit *stories that matter (STM)* and create *write4health (W4H)* tools and practices for health and wellness.

**STM**’s focus is *stories for the grandchildren*. Currently there are three in the series. **W4H**’s focuses are tools, practices, and strategies for adults to maintain, improve or jumpstart mental and physical health. Tools are hands-on experiential, contemplative and packed with **PLAY**.

In a sense **write4health** is a full circle; back to how we learned and discovered our world as children—reconnecting to our inner genius and intuition through the art of **PLAY** (*Purpose, Lightness, Action, Yes*)—a variation on the **PLAY** we experienced in childhood, yet equally worthwhile.

Be it a desire to be creative, find a solution to work out situations or discover concrete actions to move us into solution and resolution- the tools of **PLAY** are a path to self-discovery, illumination and tangibility. It is through personal exploration and willingness to explore **PLAY** that new actions materialize and a path becomes clear—*one step at a time*.