



WORLD PLAYDAY MESSAGE 2019

Freda Kim

Founder of WPD for ITLA

(This is my personal message to you for the 20th celebration of WPD)

I opened up my email this morning and the heading of the first mail was, “Never Too Old to Play in Dirt”. Good I thought, someone is writing to me about PLAY.

Imagine my surprise when I read the mail to find an advertisement for a T Shirt with those wonderful inspiring words printed on its front, “Never Too Old to Play in Dirt” This certainly underlines the increasing awareness of the value of Play and the growing number of places such as factories, business companies, schools, hospitals to name a few where play as a good and necessary thing is being promoted, not only for children, but for people in all walks of life and of all ages. I have, of course, ordered my T shirt, and I shall wear it for one of my special play activities which appropriately happens to be growing flowers outdoors in the dirt! Which brings me to the subject for this message that I was considering before I saw those words “Never Too Old to Play in Dirt”. And that is

ENERGISE YOUR LIFE; SPREAD THE GIFT OF PLAY

Play can take as many forms as there are people on this planet. But whatever you choose as Your Play or call it “MY PLAY” you will find it increases your energy, your enthusiasm for life or your strength/motivation to cope with the tasks awaiting you. You might even want to try a little exercise and



write down “MY PLAY is” Then to complete the 2nd part of the title of this message you will need to explore the ways you can ‘Spread the Gift of Play” so that others can energise their lives. Ways to do this are too numerous to list but they can be as simple as playing ball with your one year old or taking your grandmother in the garden to enjoy your flowers or building a Community Centre in your neighbourhood. Whatever you do, wherever you play, remember to spread this gift to those around you. Especially remembering to do this on May 28th 2019 which is the

