



25 Ways to Play in the Office

1. Place wind up toys in strategic places (and use them when uptight)
2. Use senses as play signals (ex. every time you hear a phone ring, you shimmy)
3. Create wonderful smells in the office
4. Use office equipment as candy bowls
5. Wash with sound (imagine the music is bathing every cell of your body)
6. Create a sound barrier – put your own words to a familiar tune
7. Play with your food (how many shapes can you carve into your sandwich?)
8. Take 5 minute fun breaks (dance to music, write a poem (a la Dr. Seuss), give a dance lesson to a friend (no skills needed), day dream, wear an outrageous item of clothing (nobody has to see it!), give yourself or someone else a massage, meditate
9. Have Chair Races (best thing ever to do with an office chair)
10. Call someone out of the blue and pay them a compliment
11. Read 2 pages of Calvin and Hobbs every hour
12. Take scheduled vacation breaks in your mind
13. Recite silly poetry in your mind (or out loud to willing co-workers or customers)
14. Be Rhett Butler, John Wayne or Lady Gaga for an hour
15. Play kitchen hockey in the break room – with spatulas, zucchini or other foods
16. Make up a secret code or language with a co-worker
17. Dream up a new flavor of chewing gum
18. Make a sculpture with found objects on your desk
19. See how tall a tower you can build with office supplies
20. Knock it down
21. Hum along to the sounds in your workplace
22. Make funny faces to the annoying client on the phone
23. Keep marshmallows and spaghetti in the break room and build with them
24. Intentionally create a drama out of the littlest annoyance for yourself
25. Bounce in your seat