



Playful Mind
Project

Play Facts

Smiling
BURNS CALORIES.

Laughing for
10 minutes = 30
minutes of Cardio!

David Beckham
says he plays
with Lego pieces
to control stress.

Improves Brain Function.

SCIENTIFICALLY
proven to
relieve stress.

Play can
HEAL emotional
wounds.

Improves your
RELATIONSHIPS and
connection to others.

Keeps you feeling
YOUNG & energetic.

"Being a PLAYFUL
ADULT may also make us
MORE ATTRACTIVE to the
opposite sex."
- Penn State University Study

"Play is a basic human need
as essential to our well-being
as sleep, so when we're low on
play, our minds and bodies notice."
- Dr Stuart Brown
National Institute for Play

LAUGHTER increases the
activity of antibodies in the
body by 20%, helping
DESTROY viruses &
TUMOR cells.

We all Laugh
in the same
Language.

20% of Kids
Learn to PLAY
music...70% of adults
wish they had.

HEALTHY people laugh 100 - 400 times a day!

Laughter
doesn't carry
an accent.

PLAY

5 minutes
of Laughter = The
benefit of 2 hours
of sleep.

Women
Laugh > then
Men

Children laugh 300 times a day
...Adults are lucky to hit 30 :!

One good BELLY
LAUGH burns about
4 Calories.

Women
Laugh > then
Men

Play improves alertness,
creativity, and MEMORY!

Laughter
INCREASES
blood flow by 22%.
Stress
DECREASES
blood flow by 35%

Laughter BOOSTS
the Immune System...
Some studies show
laughter is MORE
beneficial than
relaxation.

Play lowers the
STRESS HORMONE
CORTISOL in
the body.

Laughter improves
RESPIRATION. Stimulates
CIRCULATION. Elevates PAIN
THRESHOLD & tolerance.

"Real
HealthCare
MUST involve
HUMOR, PLAY,
CREATIVITY
& JOY."
- Patch Adams

Laughing 100
times is equivalent
to 15 minutes
on a PELOTON!

Lowers blood pressure.

"Play is the
highest form of
research."
- Albert Einstein

LAUGH for 15
minutes -> BURN
50 calories!

1 Min of ANGER weakens
the immune system for 4-5
Hours. 1 Min of LAUGHTER
boosts the immune system
for 24 HOURS.

"LIFE must be
lived as Play."
- Plato

"PLAYING Dress Up
starts at age 5
and never truly ends."
- Kate Spade

Within 45 - 90
seconds of
laughing your
body will release
neuron
transmitters
of DOPAMINE
& Happy
Chemicals.

"We don't stop playing
because we grow old,
WE GROW OLD because
we STOP PLAYING."
- George Bernard Shaw



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