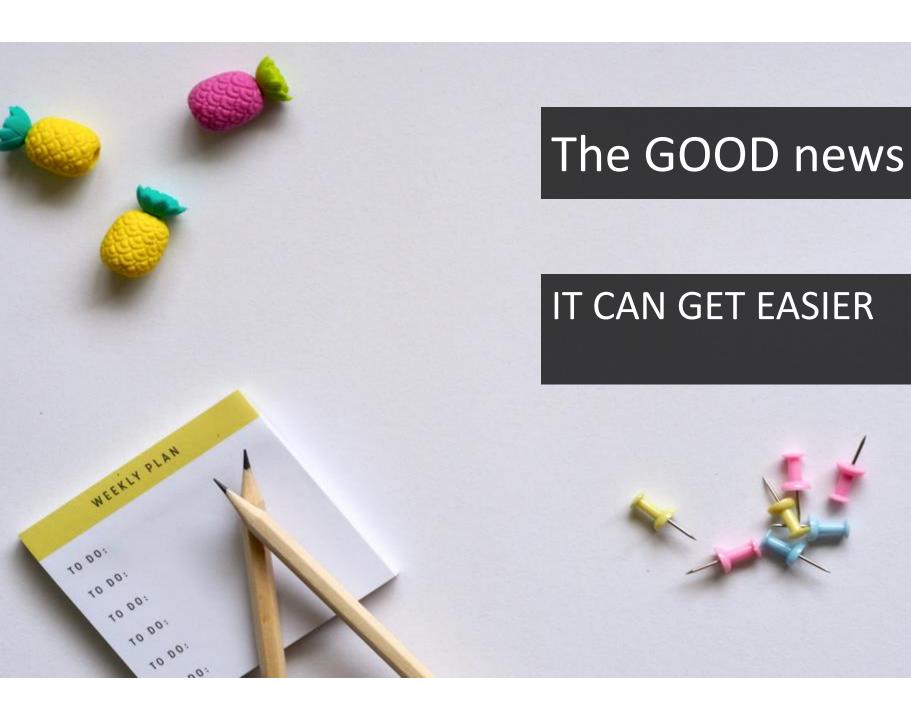


# Playing is HARD



But why?

Shouldn't it be the EASIEST PART?



## Why so serious?



We forget to play because we see it as a waste of time. But ... What time are we wasting?

Facebook time? Emails time? Work Time?



There's no such thing as too much play\*
It takes 66 days to set a new habit\*
Play is not good just for kids\*
The games you play together are different by the ones the kids play by themselves
PLAY should be the MAIN "activity"





### Ally #1: Partner



The one who gets to check your phone while your are playing.

In case, you know, something important happens on Facebook or Instagram during that time...

## Ally #2: The games you play



- 2. Choose games that will not bore you
- 3. Avoid repetitive games
- 4. Adapt the games -Do it your way

#### Ally #3: Commit to have some fun

