

Play Manifesto



Art.1 Playing is a choice.

Do you want to play? It's only when you said YES that the play can begin. Consent, will and sense of safety are fundamental conditions. You can invite anyone to play. You can only play with those who are willing to and you can choose to stop at any time. And why not, you can also decide to play alone.



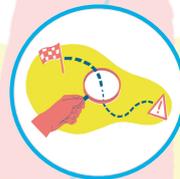
Art.2 Playing is a need and a right.

Nobody should prevent you from playing. Whether you are a child or an adult, playing is a physical, psychological and social necessity, fundamental for the development and well-being of individuals and communities. A need and a right so important that Unicef has included it among the articles (n. 31) of the Convention on the Rights of the Child. And as we know, there is a child in every adult.



Art.3 Playing is respecting the rules.

Whether there are many or just one, without rules there is no game. The rules can be explicit or implicit, pre-established or subject to change, and establish the social pact that allows us all to play the same game. Don't like the rules? Make a proposal to change them.



Art.4 Playing is putting yourself on the line.

When you play you feel free and safe, so you can explore risk, failure and discover that making mistakes is an integral part of life. Winning or losing makes the game more alive, but if you experience the game well you have won either way.



Art.5 Playing is learning.

When you play you discover your passions and you can exercise all types of intelligence: spatial, naturalistic, musical, logical-mathematical, bodily/kinesthetic, linguistic, emotional, intrapersonal, interpersonal, existential, creative and collaborative. When you play, you get to know yourself and the world around you.



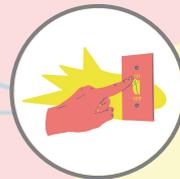
Art.6 Playing is caring.

It is play itself that helps you care because it asks you to listen and respect your needs and those of others. Even though it's a game, your actions have real consequences: everything you do and feel in the game has physical, emotional and relational effects, and offers you the opportunity to care for yourself, others and the playing environment.



Art.7 Playing is training freedom.

Playing is feeling free to explore all versions of ourselves. However, if you feel that playing has become a refuge from reality, an obsession and an addiction, you are suffering from game addiction. Playing is feeling free... even to stop playing.



Art.8 Playing is an attitude.

When your playfulness isn't on, even your favorite game turns off. When you turn it on, even the most boring activity becomes the best game in the whole world. Playfulness isn't about what you do, it's about the way you are present while playing. Your attitude transforms what and how you experience.



Art.9 Playing is cultivating happiness.

The fundamental ingredient for a happy life is the quality of relationships, with oneself, with others and with the world. Playing helps you enrich your relationships, discover new ways of being, generate positive chemistry, and have a regenerative impact on the world. When you cultivate the play, you reap happiness.



Art.10 Playing is

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