



MUSE: The Creativity Unwrapped Newsletter

January 26, 2008
Special **PLAY** Issue

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Open up your playground. Have you been drilling yourself with rote ideas about success? Has winter hibernation got you down? Is your playground cluttered and dirty?

Go outside and play. Today.

This boy doesn't get recess. Do you?



This boy gets no recess. Do you?

- Jonathan Kozol, in his 2005 book, *The Shame of the Nation: The Restoration of Apartheid Schooling in America*, states that 80% of Chicago school children no longer have recess. This is for two reasons:
- There is no time for recess, because the children have to study for the "standards" tests of the Federal "No Child Left Behind" initiative.
- There are no playgrounds, because overcrowding has forced the use of that space for portable classrooms.
- What happens to a child who does not have time or space to play? What happens to you?

One of the principles of **Creativity Unwrapped** is that we must find time to play. Without play, there is no imagination, no creativity, no fun, and we become model prisoners.

Consider your own playground. Is it spacious and safe? Do you set aside time each day to go there? What do you do when you get there?

Join our conversation about our lives as artists and the lives of these children in Chicago (and LA, and New York...) at [Artist's Salon](#)

What is play for you?



Play is energy. Featured **Creativity Unwrapped** artist, Karen DeLasso, in this painting titled *Higher Self*, explores the inner part of ourselves that finds freedom in all the disciplines we need to become dancers, composers, actors, entrepreneurs. When we have been working really hard -- at the canvas, on the set, at the computer -- we get tired.

So, what do we do? Musicians have to practice. Laborious hours of boring scales. Why? So that our fingers will learn the motions so well that they become effortless and our imaginations and play energy can take over.

But, even the most dedicated musician is sent out to play, usually by an exasperated but supportive parent who can't listen to the same mistake *ONE MORE TIME*.

Find Artist's Date ideas at [Creativity Unwrapped](#)

Upcoming Events

Valentines Day 2008

Send a Valentine to your best customers (they will probably appreciate it more than your significant other!) Learn what that might look like a free Webinar, Sunday, February 3, 2008.

[Sign Up Today](#)



Warmest Regards,



Virginia Green, Ph.D
Creativity Unwrapped

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