



Name: _____

Class: _____ Date: _____

Welcome to the Play Clinic!

An activity of "Busy adults need to keep playing".

Read "Busy adults need to keep playing" (page 16, *What's Up* August 2026). Work in pairs on this activity. Imagine that you run a Play Clinic that issues Play Prescriptions for adults!

1. Think of activities that you consider as play for kids your age. List six of them that you think adults would enjoy too.

This is play	
e.g. Doodling in a notebook	

2. Choose ONE adult below and imagine how everyday life might be challenging for that person. Add on to the points mentioned. This person has come to your Play Clinic.

☐ Tired Office Worker
Spends hours at a computer Attends many meetings Faces deadlines Has a long journey to and from work

☐ Busy Teacher
Teaches all day Marks and prepares lessons after school Often brings work home Has little time to relax

☐ Busy Parent
Works during the day cooks and does household chores Looks after the children Has little time alone

☐ Hard-working Shopkeeper
Works long hours stands for much of the day Deals with many customers Has few breaks

☐ Dedicated nurse
Works long or irregular hours Looks after others Must stay alert and focused May face difficult patients

3. Using this template, create a Play Prescription for your patient!



Play Prescription for





1 MY PATIENT
 Draw your patient here.

2 WHAT'S WEIGHING ON THEM?
 Write or draw 2-3 stressors in your patient's life.





Draw or describe the activity.

MY PLAY PRESCRIPTION
 Prescribe 3 playful activities that suit your patient.



DOSE 1

DOSE 2

DOSE 3



It helps by:



It helps by:



It helps by:

HOW OFTEN TO TAKE:

Daily

A few times a week

Weekends

Whenever stressed

POSSIBLE SIDE-EFFECTS:

DOCTOR'S MESSAGE

Create a catchy slogan to encourage your patient to play!



PLAY DOCTORS:
 &



4. Is there an adult in your life who would benefit from more play? Create another Play Prescription as a special gift for that person.