

# Fun and playfulness



- Stories from my work life about fun and playfulness.
- Why I think it's so important to play and have fun.
- What I believe laughing is good for.
- What difference does it do for the people I work with?
- What does it do for the relations?

# Why is it important to laugh

- The brain releases endorphins – natural morphine, giving a feeling of relaxation and well-being.
- It also releases dopamine and serotonin, that makes you feel happy and relaxed.
- The released hormones, strengthens the immune system.
- Laughing strengthens the heart and lungs.
- Strengthens the abdominal muscles.
- You burn calories.
- Laughing is a connection between humans.

# The Village Soelund

- The Village was built in 1935 and was at that time a big Central Institution. Now there are 13 individual places of residence, for about 215 people with physical and mental disabilities.
- I work in a group home divided into two separate houses, with 8 lovely people in each house.
- In the house where I work there is living 3 women and 5 men. They aged between 34-53 years old and have a developmental age approximately between 1,5 - 6 years.
- I have worked there since 2010.

# My tools.

- My body, fingers and my face.
- My personal toy birds.
- My hand puppet.
- Teddy bears.
- Balls, balloons, soap bubbles, musical instruments.
- Whatever they happen to be interested in.



# Troels

Troels grew up with a playful father and a musically mother. He also has an older and a younger sister.

Troels is curious by nature and likes to interact with people he knows and is comfortable with.

Troels uses his imagination and often talks on an old phone that doesn't work.

He often behaves/interacts like a kindergarten child would.

He fluctuates between being a big cool boy and a little scared boy.

When we play, it's often physical with tug-of-war where he's naughty and I come after him.





# Solvejg

- She is a real princess.
- She loves to talk and play.
- Her health is rapidly deteriorating, and she is often in pain.
- She sees herself as a child.
- She is loving and caring.
- She has a strong will and opinion.



Kære Solvejg.  
Jeg hedder Magnus Mus og jeg er så glad for, at jeg endelig har fundet dig. Jeg har nemlig hørt, at du elsker ost ligeså meget som jeg gør.



Jeg flytter ind i jeres køleskab i nat og så vil jeg bruge hver eneste nat på, at gå på jagt efter en særlig osteoverraskelse til dig. Når du så står op om morgenen, vil jeg have fundet en ost, som du kan få til din morgenmad.  
Glædelig jul fra Magnus Mus.



# Charlotte

- She has the most infectious laugh.
- She is challenged in the tactile area.
- She has a very strong will.
- She has a memory like an elephant, for better or worse.
- Her mental state can fluctuate a lot.





# Anders

- Has a rare diagnosis that causes rapid physical and mental decline.
- Has vascular dementia.
- He has almost lost his hearing.
- He often has difficulty forming new relationships.
- He is very affectionate when he feels safe.



# Daniel

- Is curious and very playful.
- Not realizing how big and strong he is.
- Grew up with older brothers who played wildly with him.
- Sometimes has inappropriate behaviour.
- Loves partying and music.





# Thomas

- He has Cerebral palsy and uses a wheelchair.
- He likes rules and traditions.
- He gave me the name Frida.
- He is always happy and loves talking to people.
- He loves to make fun of me.



# To be safe, to be loved, to be loving and to be together.



- Having fun together is an important part of the relationship for me, but that's not everything, I must be able to accommodate the whole person and the whole spectrum of emotions.
- It is always my responsibility to read the room and the persons state of mind and adapt accordingly.
- LIVE, LOVE, LAUGH.