

A main point in this article, or rather an idea I noticed kept getting referred to, and tied in to, was the fact that play is an important part in developing the human mind. Whether that be communication skills, decision making, etc.. It is somehow a way to help the mind grow, especially as a child. When you're young, play is extremely important, but adult play also exists, and can still help advance the mind as it would a child.

I also noticed the talk about digital gaming, and whether that is the same as in person play. And it was argued that it can still help grow the mind just as in person, physical play would. I also liked this quote, "Most anthropologist and historians agree that play is essential to human and animal life; is generally a voluntary act; offers pleasure in its own right (and by its own rules); is mentally or physically challenging; and is separated from reality, either through a sanctioned play space or through an agreed-upon fantasy or rule set."