# Transcript

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| **TC In** | **Who** | **Spoken words** |
| 00:00:11 |  | (traffic noise) |
| 00:00:25 | narrator | *(narrator) In spite of our modern conveniences,* *we live in a time of chaos,* *division, alienation...* |
| 00:00:33 | reporter | *In one of these most disgusting displays* *in American history...* |
| 00:00:37 | narrator | *(narrator) ...our society is overworked, obsessed with performance,* *productivity and outcome.* |
| 00:00:46 | narrator | *Increasingly, we're coming to understand* *the toll this takes on our minds and bodies.* |
| 00:00:52 | narrator | *To meet the challenge,* *the wellness community has exploded into a multi-trillion-dollar industry.* |
| 00:00:58 | commercial announcer | Four main benefits of activated charcoal... |
| 00:01:02 | narrator | *(narrator) And yet, rates of addiction, suicide, and depression* *are continuing to rise,* *as well as obesity, diabetes, cancer, and heart disease.* |
| 00:01:15 | narrator | *As our search for better wellness continues,* *one question among many arises.* |
| 00:01:20 | narrator | ♪ (music ends) ♪ |
| 00:01:22 | narrator | *Are we having enough fun?* |
| 00:01:26 | narrator | ♪ (upbeat music) ♪ |
| 00:02:09 | man | Are you guys ready to roll? |
| 00:02:11 | man | (cheering) ♪ (upbeat music) ♪ |
| 00:02:38 | man | ♪ (music ending) ♪ |
| 00:02:41 |  | (birds singing) (rope creaking) (stairs creaking) |
| 00:03:00 | Dr. Stuart Brown | (Dr. Brown) This is a good haven to read. |
| 00:03:03 | Dr. Stuart Brown | If I want to lie here and read a good book and not have my phone or my computer, it's a good spot. |
| 00:03:10 | Dr. Stuart Brown | (birds singing) My office. (laughs) (birds singing) This is our hunter-gatherer heritage from the Savannah. |
| 00:03:28 | Dr. Stuart Brown | My pal Jane Goodall. |
| 00:03:31 | Dr. Stuart Brown | These two are Grand Canyon. |
| 00:03:34 | Dr. Stuart Brown | My pals and I in San Diego hiked the canyon for, I guess, 12 straight years and took this picture on the way out. |
| 00:03:44 | Dr. Stuart Brown | I went to a medical school in Houston and was dual trained in both Internal Medicine and Psychiatry. |
| 00:03:51 | Dr. Stuart Brown | (wind blowing) *Back while I was in medical training, there was always some need on my part* *for jogging or running or messing around that was not work-oriented.* |
| 00:04:04 | Dr. Stuart Brown | *But back then the ethic was that the good doctor is the tired doctor.* |
| 00:04:08 | Dr. Stuart Brown | So I sort of hid my play proclivities from my fellows, so I would look more conventional and still kept playing. |
| 00:04:18 | Dr. Stuart Brown | But I didn't have a professional interest in play back then. |
| 00:04:23 | Dr. Stuart Brown | (birds singing) *It's that part of the academic grounding in my psych residency* had to do with the origins of violence. |
| 00:04:33 | Dr. Stuart Brown | (prison bell ringing) *We had a team that went into the Huntsville Prison* *and did a year or so of research on active homicidal individuals,* *comparing them with a control group.* |
| 00:04:48 | Dr. Stuart Brown | We began to take this very detailed developmental history of which play history was a major part. |
| 00:04:56 | Dr. Stuart Brown | *And by play history, I mean pets, friends, remembering friends,* *rough and tumble play in the playground, birthdays, vacation times.* |
| 00:05:06 | Dr. Stuart Brown | Well, the play histories were starkly different between the homicidal individuals and the control group, *and we published this probably in 1967.* |
| 00:05:19 | Dr. Stuart Brown | So that's what got me triggered into thinking more seriously about play. |
| 00:05:25 | Dr. Stuart Brown | ♪ (soft music) ♪ |
| 00:05:30 | Dr. Stuart Brown | *Getting into a state of play* *is a really significant part of well-being.* |
| 00:05:38 | Dr. Stuart Brown | *It can calm your nervous system,* *relieve stress, lower your blood pressure* *and so much more.* |
| 00:05:46 | Dr. Stuart Brown | ♪ (soft music) ♪ |
| 00:05:49 | Dr. Stuart Brown | *And that state of play may be reading a novel* *or, you know, playing tennis or going for a hike.* |
| 00:05:55 | Dr. Stuart Brown | *It is a state where what you do is voluntary,* *done for its own sake,* *the outcome is not as important as the experience,* and it feels good, it's fun. |
| 00:06:07 | Dr. Stuart Brown | ♪ (soft music) ♪ |
| 00:06:10 | Dr. Stuart Brown | *However, if you deprive somebody of play at any age,* *they're going to show consequences.* |
| 00:06:18 | Dr. Stuart Brown | ♪ (soft music) ♪ |
| 00:06:35 | Caroline Pauline Cárdenas | Hi, Tammy. |
| 00:06:35 | Tammy Blackburn | Hi. |
| 00:06:36 | Caroline Pauline Cárdenas | Good to see you |
| 00:06:36 | Tammy Blackburn | Good to see you. How are you? |
| 00:06:39 | Caroline Pauline Cárdenas | Yeah, good. |
| 00:06:40 | Caroline Pauline Cárdenas | So, how have you been feeling? |
| 00:06:41 | Tammy Blackburn | Pretty good. |
| 00:06:41 | Caroline Pauline Cárdenas | Yeah. Great. |
| 00:06:43 | Caroline Pauline Cárdenas | So your vital signs look really good. |
| 00:06:46 | Caroline Pauline Cárdenas | Any pain today? |
| 00:06:46 | Tammy Blackburn | No pain. |
| 00:06:48 | Caroline Pauline Cárdenas | Okay. good. |
| 00:06:49 | Caroline Pauline Cárdenas | I understand we're going to be going over some teaching on surgery and all of that... |
| 00:06:53 | Caroline Pauline Cárdenas | *The center of being a nurse is being caring.* |
| 00:06:55 | Tammy Blackburn | Okay. |
| 00:06:55 | Caroline Pauline Cárdenas | And you're going to total that up... |
| 00:06:57 | Caroline Pauline Cárdenas | When people tell you their stories, you can't help but be shaped by them. |
| 00:07:01 | Caroline Pauline Cárdenas | You know, it's just a small little area here that's going to be removed... |
| 00:07:04 | Caroline Pauline Cárdenas | *Witnessing patients suffering, emotional suffering, physical suffering,* *it can be hard on you.* |
| 00:07:11 | Caroline Pauline Cárdenas | So you're going to be seeing us about ten days postoperatively, but we're just a phone call away... |
| 00:07:15 | Caroline Pauline Cárdenas | *In order for you to actually provide empathy and compassion,* *you have to have an open heart.* |
| 00:07:21 | Caroline Pauline Cárdenas | Don't worry, we'll be there every step of the way. |
| 00:07:24 | Caroline Pauline Cárdenas | But when the name of the game is effectiveness and efficiency from a business standpoint, in terms of money and revenue, *and how many patients can you have, one nurse take care of,* *it can be taxing on your mind, body, and soul.* |
| 00:07:38 | Caroline Pauline Cárdenas | Are you guys in the middle of biopsy? |
| 00:07:41 | Caroline Pauline Cárdenas | Having worked in an infusion center where you're giving chemotherapy, you're giving cytotoxic agents to eight patients in a ten-hour period, *the stakes are high when it comes to safety.* |
| 00:07:51 | Caroline Pauline Cárdenas | *Maybe it's their first treatment and there's a lot of teaching involved,* and then you're having a hard time finding an IV, and then you haven't had lunch, *you haven't been able to go to the bathroom,* *and through all of that,* *you have to make sure that you're giving the right chemotherapy* *to the right person at the right rate,* *in a very high-stress environment.* |
| 00:08:11 | Caroline Pauline Cárdenas | We've got an abnormal pathology coming through, I've already put in orders for pathology, and then we've got our tissue expansion... |
| 00:08:17 | Caroline Pauline Cárdenas | *I remember the particularly stressful day.* |
| 00:08:20 | Caroline Pauline Cárdenas | I left work in tears, and I remember thinking to myself, "I don't think I can do this anymore." |
| 00:08:27 | Caroline Pauline Cárdenas | (waves) *There was a time there when I had to actually seek some therapy* *to be able to ground myself again from an emotional standpoint.* |
| 00:08:36 | Caroline Pauline Cárdenas | (waves) *When I lived in New York City, I remember turning a corner* *and seeing this man with a bunch of hula hoops out* *for all of the tourists to try out.* |
| 00:08:51 | Caroline Pauline Cárdenas | *And I remember it stopped me in my tracks to see strangers* picking up these hula hoops and swinging their body *and moving their body and erupting in joy.* |
| 00:09:04 | Caroline Pauline Cárdenas | *And then he taught me how to hula hoop,* *and I think I hula-hooped for three hours that day* *and something just shifted in me, I just... I loved it.* |
| 00:09:14 | Caroline Pauline Cárdenas | ♪ (upbeat music) ♪ |
| 00:09:18 | Caroline Pauline Cárdenas | *I started to notice when I was hoop dancing more* *that I started to become more embodied where I was living less in my head.* |
| 00:09:25 | Caroline Pauline Cárdenas | *And when I was interacting with my patients,* *I was noticing that I was much more present,* I was much more joyful, that I actually had more energy to witness their stories and to help guide them through fear. |
| 00:09:38 | Caroline Pauline Cárdenas | ♪ (upbeat music) ♪ |
| 00:09:40 | Caroline Pauline Cárdenas | *Kind of like imagining that there's a hula hoop around me all the time,* where I actually get to express myself in any way that I want, and it's actually safe to do that. |
| 00:09:52 | Caroline Pauline Cárdenas | *It is sometimes difficult, you know, if you're tired, you don't feel good,* *you're not in the mood,* *but when I make hula hooping a priority, I notice the difference.* |
| 00:10:01 | Caroline Pauline Cárdenas | ♪ (upbeat music) ♪ |
| 00:10:30 | Caroline Pauline Cárdenas | *Everybody that's moving,* all the animals that are out there, they're dancing, they're expressing some type of unique rhythmic expression. |
| 00:10:38 | Caroline Pauline Cárdenas | ♪ (upbeat music) ♪ |
| 00:10:40 | Caroline Pauline Cárdenas | *I am about ten weeks pregnant,* and dancing, for me, allows me to experience joy, and I want my baby to experience joy, starting now. |
| 00:10:50 | Caroline Pauline Cárdenas | ♪ (upbeat music) ♪ |
| 00:11:21 |  | (birds chirping) (water trickling) |
| 00:11:37 | Peter Gray | *(Peter) My name is Peter Gray,* *I'm a Research Professor at Boston College.* |
| 00:11:43 | Peter Gray | *I'm an evolutionary psychologist,* which means I'm interested in human nature and how that nature came about by natural selection. |
| 00:11:54 | Peter Gray | *Most of my childhood, I was in Minnesota, in Wisconsin.* |
| 00:11:58 | Peter Gray | *We moved around a lot, mostly in small towns.* |
| 00:12:01 | Peter Gray | *This was a time when we had done away* *with at least the worst aspects of child labor.* |
| 00:12:08 | Peter Gray | *And so children were relatively free,* *children were running around all over the place.* |
| 00:12:14 | Peter Gray | *We spent far more time playing on our own than we spent in school--* *that was a typical childhood.* |
| 00:12:21 | Peter Gray | *I don't know that anybody gave a lot of deep thought* to the value of play, the typical parent, it's just that's what kids did... |
| 00:12:29 | Peter Gray | ♪ (jazz music) ♪ |
| 00:12:31 | Peter Gray | *...as children had in traditional cultures, by the way,* ♪ (jazz music) ♪ |
| 00:12:37 | Peter Gray | *Some of my research has been with hunter-gatherer cultures,* *and children are free, they're free to play and explore all the time.* |
| 00:12:44 | Peter Gray | *The adults believe that's how they learn what they need to know.* |
| 00:12:47 | Peter Gray | ♪ (jazz music) ♪ |
| 00:12:50 | Peter Gray | *Children all over the world, when they're free,* *they play at the whole range of activities* *that human beings have to develop skills at.* |
| 00:12:58 | Peter Gray | *They play at building things, they play at imagination,* *they play at logic, they play with language.* |
| 00:13:03 | Peter Gray | Play is how children learn to create their own activities, *solve their own problems, make friends.* |
| 00:13:11 | Peter Gray | *It's how they learn to live life.* |
| 00:13:12 | Peter Gray | ♪ (jazz music) ♪ |
| 00:13:14 | Peter Gray | *Not because anybody is making them do it,* *not because anybody's even encouraging them to do it.* |
| 00:13:18 | Peter Gray | I've become convinced this is just what kids do. |
| 00:13:21 | Peter Gray | (street sounds) *But more so today than in times past,* *we have to continue learning our whole life.* |
| 00:13:29 | Peter Gray | *Our world changes, which means we have to keep a flexible brain,* *we have to keep a brain* that's able to think creatively, think of new things, try new things, do all those things that are done in play. |
| 00:13:41 | Peter Gray | We have to do that pretty much our whole lives. |
| 00:13:43 | Peter Gray | ♪ (soft music) ♪ |
| 00:13:46 |  | (indistinct chatter) |
| 00:13:54 | Dr. Stuart Brown | *(Dr. Brown) If you look* *at the paleoanthropology of our species...* |
| 00:14:00 | Dr. Stuart Brown | (indistinct chatter) ...we retained evidences of "immaturity" into adulthood. |
| 00:14:09 | Dr. Stuart Brown | (laughter) *And that immaturity is associated with the seeking of novelty,* *with the maintenance of innovation, the ability to adapt to change.* |
| 00:14:20 | Dr. Stuart Brown | *It seems to me these are things that are necessary for human well-being* *and problem-solving.* |
| 00:14:25 | Dr. Stuart Brown | ♪ (soft music) ♪ |
| 00:14:27 | Dr. Stuart Brown | *The human being is designed to play through a lifetime,* *but that is not something that's a part of our public consciousness.* |
| 00:14:36 | Dr. Stuart Brown | ♪ (soft music) ♪ |
| 00:14:40 | Dr. Stuart Brown | ♪ (music ends) ♪ |
| 00:14:41 |  | (seagulls squawking) (car engine) (printer working) |
| 00:15:00 | woman 1 | *(woman 1) We're trying to reconcile between salesforce.* |
| 00:15:02 | woman 1 | It's okay, it's okay. |
| 00:15:02 | woman 2 | (woman 2) So I think what we'll do is sit down and kind of go through a tutorial on-- |
| 00:15:07 | Isabella Miller | *(Isabella) I don't appear to be stressed out at any given time,* *but I definitely feel a lot of stress.* |
| 00:15:14 | Isabella Miller | Yeah, exactly. That's how I was doing it, but in sales... |
| 00:15:17 | Isabella Miller | I've often woken up in the middle of the night, you know, with a brick on my chest remembering that I had forgotten something. |
| 00:15:25 | Isabella Miller | Next 30 days are less pressing, but something that's, you know... |
| 00:15:29 | Isabella Miller | *We are a nonprofit that uses film and media* *to promote gender equality in society.* |
| 00:15:37 | Isabella Miller | I wear a lot of hats in this organization, I'll take this out for you. |
| 00:15:42 | Isabella Miller | We had a fuse break the other week, but do you want me to turn this off, actually-- |
| 00:15:46 | Isabella Miller | I feel like I should turn this off. |
| 00:15:48 | Isabella Miller | *A typical day is me probably checking my email* and finding how everything I set up yesterday has since been completely changed. (laughs) I know that she's going to want to do this monthly, I know... |
| 00:16:01 | Isabella Miller | *Since there a lot of people that you're accountable to,* *you want them to see that you're performing at your best,* and when you don't feel like you are, you feel like you're failing. |
| 00:16:10 | Isabella Miller | Yeah, yeah. I don't think that will be a problem. |
| 00:16:13 | Isabella Miller | I think that will be perfectly fine... |
| 00:16:15 | Isabella Miller | *I went to school in DC.* |
| 00:16:17 | Isabella Miller | *I wanted to go into politics, and pretty much off the bat,* *I was working and trying to advance my career.* |
| 00:16:24 | Isabella Miller | (birds singing) *But I found that a lot of people in that field* didn't have other lives. |
| 00:16:30 | Isabella Miller | That was their whole being-- |
| 00:16:33 | Isabella Miller | is work and politics, and that was it. |
| 00:16:36 | Isabella Miller | *And I realized that that wasn't who I was.* |
| 00:16:43 | Isabella Miller | (car engine) (traffic sounds) There was a time when really, I don't know, I never really knew what I did with my time, I think. |
| 00:16:57 | Isabella Miller | You know, I worked and then worked some more and went to bed and watched TV and that was about it. |
| 00:17:07 | Isabella Miller | (traffic sounds) I think a lot of people have never really had a chance to really explore what brings them joy. |
| 00:17:23 | Isabella Miller | *You have to give yourself permission to have a hobby.* |
| 00:17:28 | Isabella Miller | *Today, you're really only expected to work.* |
| 00:17:31 | Isabella Miller | *The longer hours you work,* *the better employee you are, the better manager you are.* |
| 00:17:35 | Isabella Miller | (indistinct chatter) *We really need to do better as a society* *to allow people to have fun in their lives.* |
| 00:17:43 | Isabella Miller | ♪ (orchestra playing *Walk Right In, Walk Right Out*) ♪ |
| 00:18:28 | Isabella Miller | ♪ (boogie-woogie music) ♪ |
| 00:18:36 | Isabella Miller | *(Isabella) I started dancing three and a half years ago.* |
| 00:18:39 | Isabella Miller | ♪ (piano solo) ♪ |
| 00:18:42 | Isabella Miller | *It's taught me that people can live their lives* *in very different ways.* |
| 00:18:47 | Isabella Miller | *It's not just all about work, it's really not.* |
| 00:18:51 | Isabella Miller | *When I'm dancing, nobody even asks about work.* |
| 00:18:53 | Isabella Miller | ♪ (piano solo) ♪ |
| 00:19:00 | Kristin Wojkowski | *(Kristin) I'd always admired the clothes and the music,* *but I was really shy.* |
| 00:19:05 | Kristin Wojkowski | And I could not imagine dancing in front of people, having people watch me, but I always wanted to do it inside, *so I actually took a private lesson.* |
| 00:19:14 | Kristin Wojkowski | *And after one lesson, I knew I found the thing I loved.* |
| 00:19:18 | Kristin Wojkowski | And while I might be shy in my personal life, when I'm here, I'm someone else, and I can be just out there. |
| 00:19:27 | Kristin Wojkowski | ♪ (boogie-woogie music) ♪ |
| 00:19:35 | Kristin Wojkowski | ♪ (saxophone solo) ♪ |
| 00:19:50 | Isabella Miller | *(Isabella Miller) The amount of support you can get* *from the people around you* *just by saying, "I'm here for you" and "Let's dance,"* *and almost instantaneously* *you feel lighter, you feel absolutely euphoric.* |
| 00:20:04 | Isabella Miller | ♪ (boogie-woogie music) ♪ |
| 00:20:40 | Isabella Miller | ♪ (music ends) ♪ |
| 00:20:47 |  | (traffic sounds) (dog barking) |
| 00:20:56 | Jodi Smith | *(woman 1) Daltrey!* |
| 00:20:57 | Jodi Smith | (dog collar clinking) (Jodi whistling) Spin. |
| 00:21:10 | Jodi Smith | I know you've worked hard today, huh? |
| 00:21:12 | Jodi Smith | *My name is Jody smith, I'm a Licensed Clinical Social Worker* *and Animal Assisted Play Therapist Supervisor and Instructor.* |
| 00:21:20 | Jodi Smith | *I have a private practice where I do play therapy services* *for children and family as well as adults.* |
| 00:21:25 | Jodi Smith | ♪ (soft music) ♪ |
| 00:21:32 | Jodi Smith | *The foundation of therapy* regardless of your theoretical orientation is about relationship. |
| 00:21:37 | Jodi Smith | *Relationships are built during activities in play,* *not during talk.* |
| 00:21:42 | Jodi Smith | ♪ (soft music) ♪ |
| 00:21:45 | Jodi Smith | *In general, in the world, this is how connections are made.* |
| 00:21:48 | Jodi Smith | (indistinct chatter) *Highly stressed individuals or animals won't play.* |
| 00:21:55 | Jodi Smith | And yet play will de-stress you. |
| 00:21:58 | Jodi Smith | So it's this problem of getting people to play so that they can de-stress. |
| 00:22:03 | Jodi Smith | ♪ (soft music) ♪ |
| 00:22:06 | Jodi Smith | (dogs barking) *Dogs are natural players; it's what they're known to do.* |
| 00:22:15 | Jodi Smith | *They play throughout their lifespan.* |
| 00:22:17 | Jodi Smith | *And people who may be more hesitant or resistant to playing--* *you bring in a dog and it takes those barriers away.* |
| 00:22:24 | Jodi Smith | *It gives you permission to play.* |
| 00:22:27 | Jodi Smith | *One thing I like people to do when they first meet him* is what's called the consent test. |
| 00:22:31 | Jodi Smith | It's a three-second test. |
| 00:22:33 | Jodi Smith | Pick a place on his body to scratch or rub and do it count to three and then stop, take your hand away, and let's see what he does. |
| 00:22:42 | Jodi Smith | ♪ (soft music) ♪ |
| 00:22:48 | woman 3 | *(woman 3) Didn't seem like he responded at all.* |
| 00:22:50 | Jodi Smith | (Jodi) That one he didn't feel. |
| 00:22:51 | Jodi Smith | I don't think he disliked it, but... |
| 00:22:53 | Jodi Smith | ♪ (soft music) ♪ |
| 00:22:57 | Jodi Smith | He may have liked it more than you realize because he came back for more. |
| 00:23:00 | Jodi Smith | *Working with animals and play* *gives an opportunity to see an impact on the world.* |
| 00:23:05 | Jodi Smith | It is amazing to see children and adults lighten up when they ask the dog to sit and the dog does. |
| 00:23:12 | Jodi Smith | Somebody listened to me. |
| 00:23:15 | Jodi Smith | *They see that they're having an impact on another living being* *and that starts to hopefully shift things for them.* |
| 00:23:23 | Jodi Smith | Oh, you got it. |
| 00:23:28 |  | (street sounds) (dogs barking) |
| 00:23:44 | Jodi Smith | *(Jodi) Dogs also tend to be a social lubricant,* *so even outside of therapeutic interactions,* *they can bridge that gap, they make it easier to connect.* |
| 00:23:55 | Jodi Smith | *Particularly when we talk about so many people now are so isolated,* *it gets you out.* |
| 00:24:02 | Jodi Smith | *Watching the dogs play brings joy to many people.* |
| 00:24:05 | Jodi Smith | *When you see them play about and get other dogs to play with them* *and this state that they go into, just fun play-- it's amazing to see.* |
| 00:24:16 | Jodi Smith | *A lot of adults may feel like, "Well, I don't know how to play"* *or "Where do I go play?"* *The animals kind of force you to play.* |
| 00:24:22 | girl | (girl) Oh, poor puppy! |
| 00:24:24 | Stephen Glover | Come here, come here, puppy. |
| 00:24:26 | Stephen Glover | Come here, puppy, come here. |
| 00:24:28 | Stephen Glover | Duchy? Dutchy come here. |
| 00:24:31 | Stephen Glover | No? Not today? Okay. |
| 00:24:33 | Stephen Glover | *A friend of mine had puppies* and he offered, and at first I wasn't going to accept. |
| 00:24:39 | Stephen Glover | And then, I saw her, and I couldn't say no. |
| 00:24:42 | Stephen Glover | (dogs barking) *People see her and instantly spark a conversation,* *and I think dogs bring people together.* |
| 00:24:51 | Stephen Glover | It relaxes me, keeps me calm. |
| 00:24:55 | Stephen Glover | They're almost the same age. |
| 00:24:58 | Stephen Glover | Almost. |
| 00:25:00 | Stephen Glover | I think mine's a little bit older-- |
| 00:25:01 | Stephen Glover | you can tell by the teeth. |
| 00:25:04 | Jodi Smith | *(Jodi) For many people, when they think of play,* *they think of a kind of raucous rolling on the ground big play.* |
| 00:25:10 | Jodi Smith | *But play can also be calm.* |
| 00:25:12 | Stephen Glover | Dutchy, stop licking people's faces. |
| 00:25:14 | Jodi Smith | *(Jodi) What's play for a five-year-old* *should look different than for a 12-year-old,* *than a 30-year-old, a 40-year-old.* |
| 00:25:21 | Jodi Smith | *And yet there's some similarities that underlie it all.* |
| 00:25:24 |  | (dogs barking) |
| 00:25:30 | Sarah Urbon | We both do hair. We work in barbershops. |
| 00:25:33 | Emma Urschel | It's very interesting, to say the least, when they sit in your chair. |
| 00:25:36 | Emma Urschel | We are underpaid therapists. |
| 00:25:40 | Sarah Urbon | *(Sarah) I have clients who text me,* "Hey, I need to talk to you, so I'm going to come in and get a haircut." |
| 00:25:46 | Sarah Urbon | All the time. |
| 00:25:47 | Sarah Urbon | We go through so many emotions throughout our day, and it's raw emotion, and it's from other people, but we take it in. |
| 00:25:56 | Sarah Urbon | (dogs barking) *(Sarah) That immediate love I get from her,* *it's important because it makes me calm down from the day,* and it's an all-night thing that I get with her. |
| 00:26:07 | Sarah Urbon | It's unconditional. |
| 00:26:08 | Emma Urschel | [Tukis], give me the ball. |
| 00:26:11 | Emma Urschel | I lost my father in February, and having Winifred like-- |
| 00:26:16 | Emma Urschel | I'd be lost without her. |
| 00:26:19 | Emma Urschel | You know, you can talk to people, but... |
| 00:26:24 | Emma Urschel | ...I'm missing him, she crawls in my lap, and she just knows. |
| 00:26:28 | Emma Urschel | ♪ (soft music) ♪ |
| 00:26:30 | Emma Urschel | You're not her, but you know like there's this intuition that she's like mom said. |
| 00:26:38 |  | Oh, hey! (laughs) (dogs barking) |
| 00:26:47 | Jodi Smith | *(Jodi) We've had research for over a decade now* *that supports that this isn't just accidental,* *that there's actually things happening, neurobiology is changing while we play.* |
| 00:26:57 | Jodi Smith | *Oxytocin is released which helps us bond and connect,* *and it decreases blood pressure, decreases cortisol.* |
| 00:27:04 | Jodi Smith | *It's something that we all long for, that children do naturally,* *and then, at some point, we take that away.* |
| 00:27:10 | Jodi Smith | ♪ (soft music) ♪ |
| 00:27:12 | Jodi Smith | *I think one of the things we're seeing in society is* as people stop playing, we have this correlation at least of increased anxiety, increased depression, things that we know are mitigated by play. |
| 00:27:28 | Jodi Smith | *And the nice thing is, that regardless of what the cause is,* *we can make some changes by playing.* |
| 00:27:35 | Jodi Smith | (dog barking) (birds singing) ♪ (upbeat music) ♪ |
| 00:27:45 | Jodi Smith | (indistinct chatter) ♪ (music ends) ♪ |
| 00:28:49 |  | (car ignition sound) |
| 00:28:52 | David Miles Jr. | *(David Miles Jr.) I came out here from Kansas City originally.* |
| 00:28:54 | David Miles Jr. | I wanted to like start my life over, try to be a man, grow up, and all that. |
| 00:29:02 | David Miles Jr. | And I was a bricklayer, I was in the Bricklayers Union, but I quickly found out that there's very little brickwork here in San Francisco, *and all the time though I was skating, skating, out waiting any job.* |
| 00:29:18 | David Miles Jr. | ♪ (upbeat music) ♪ |
| 00:29:23 | David Miles Jr. | *So I was on the Skate Patrol in the park,* and we were created to keep skating from being banned in the park *because there were 20,000 roller skaters out there every single Sunday* and they were out of control. |
| 00:29:37 | old woman 1 | They would sit on my steps and put skates on, they would sit on my plants here and ruin them. |
| 00:29:43 | old man 1 | Now we've been nearly run over two or three times coming out of our doorway by skaters. |
| 00:29:47 | younger David Miles Jr. | (younger David Miles Jr.) What I'm saying is, there is a way that this can be done where everybody can be happy. |
| 00:29:51 | David Miles Jr. | (David Miles Jr.) *We took that roller patrol,* *we got training in first aid, CPR, we broke down four different teams,* and it was a really great thing. |
| 00:30:01 | David Miles Jr. | ♪ (upbeat music) ♪ |
| 00:30:10 | David Miles Jr. | *I never forget, I told my wife,* *"I don't know about this job thing, it's not working out,* *but I think I can make money with rolling skates."* (laughs) And she says, "As long as the bills are paid, the lights are on, you can do whatever you want, I got you." |
| 00:30:24 | David Miles Jr. | That's how it goes. |
| 00:30:26 | David Miles Jr. | So I started doing roller skate lessons. |
| 00:30:28 | David Miles Jr. | I was teaching 30, 40 people a week. |
| 00:30:31 | David Miles Jr. | It got better, it got more. |
| 00:30:35 | David Miles Jr. | *And this is how it's been ever since.* |
| 00:30:37 | David Miles Jr. | *This is all I do.* |
| 00:30:39 | David Miles Jr. | *Skating daytime, nighttime, indoors, outdoors,* *anything that I can do that makes you skate.* |
| 00:30:47 | David Miles Jr. | You got that side. Hold on to it. |
| 00:30:49 | David Miles Jr. | ♪ (upbeat music) ♪ |
| 00:30:52 | David Miles Jr. | You got it? |
| 00:30:55 | David Miles Jr. | Okay. |
| 00:30:58 | David Miles Jr. | Come here. |
| 00:30:59 | David Miles Jr. | Is it straight? |
| 00:30:59 | little girl | No. |
| 00:31:01 | David Miles Jr. | What do you mean no? |
| 00:31:04 | David Miles Jr. | *For me, people are like, "You know, you work so hard.* |
| 00:31:07 | David Miles Jr. | Oh my god, you're doing all this stuff." |
| 00:31:09 | David Miles Jr. | I'm having a great time, I'm having fun! |
| 00:31:12 | David Miles Jr. | I'm trying to share that experience that got me so turned on, *and it's always been enough.* |
| 00:31:19 | David Miles Jr. | Is it straight? |
| 00:31:19 | little girl | No. |
| 00:31:20 | David Miles Jr. | You're supposed to say yeah. |
| 00:31:25 |  | (water flowing) (wind blowing) |
| 00:31:43 | Dr. Stuart Brown | *(Dr. Brown) So this next sequence* *is a wild male polar bear north of Churchill, Manitoba,* approaching a sled dog that's tethered. |
| 00:31:52 | Dr. Stuart Brown | And the bear has a predatory gait. |
| 00:31:57 | Dr. Stuart Brown | *He's meaning he's looking for lunch.* |
| 00:32:00 | Dr. Stuart Brown | *Well, what happened?* |
| 00:32:02 | Dr. Stuart Brown | *The sled dog went into the play bow,* *and all of a sudden, the predatory gait of the bear* *changed radically.* |
| 00:32:12 | Dr. Stuart Brown | *There's the essence of trust that is a part of the play signaling,* and instead of what would have been a battleground to the death, the polar bear and the sled dog have established a playground. |
| 00:32:26 | Dr. Stuart Brown | Is your life a playground or a battleground? |
| 00:32:32 | Dr. Stuart Brown | I hope it's mostly a playground. |
| 00:32:38 | Dr. Stuart Brown | *If you look at animals and see how pervasive play is* *and how different it is in a variety of species* *and see its presence* *as there gets to be more and more intelligence in the species,* *the more they play.* |
| 00:32:51 | Dr. Stuart Brown | *And the play appears to be necessary for belonging and for competency.* |
| 00:32:58 | Dr. Stuart Brown | ♪ (upbeat music) ♪ |
| 00:33:12 | Dr. Stuart Brown | *One of the nice things about rats is that they're highly playful species.* |
| 00:33:17 | Dr. Stuart Brown | *So if you're a guy named Jaak Panksepp* *and you've observed rat play for a long time* *and you're an expert in play,* you think to yourself, "Hmm, I wonder where this comes from in the brain." |
| 00:33:30 | Dr. Stuart Brown | And so Jaak decorticated a certain number of rats; *that is, he took the higher center of the brain,* *removed it at birth, surgically.* |
| 00:33:40 | Dr. Stuart Brown | *He then had his graduate students see* *if while they observed rat play, they could tell the difference* between the decorticated rats and the normal rats, and they couldn't. |
| 00:33:53 | Dr. Stuart Brown | *Their play was essentially normal.* |
| 00:33:56 | Dr. Stuart Brown | *And so the play impulse* comes from centers of the brain that are below the level of the cortex, and those areas contain things like heart rate, breathing, immune system and sleep and dreams. |
| 00:34:14 | Dr. Stuart Brown | *Play is subcortical, which means that the play urge* *is part of our survival drive as social mammals,* *and we humans are the most playful of all social mammals.* |
| 00:34:27 | Dr. Stuart Brown | ♪ (soft music) ♪ |
| 00:34:34 | Dr. Stuart Brown | *On the other hand, if you take a rat,* *and you selectively deprive them of normal developmental play* *and then return them into their group, they can't tell friend from foe,* *they can't mate, they are incompetent socially,* *they don't belong to their group,* They are showing the effects selectively of blocking developmental play. |
| 00:35:02 | Dr. Stuart Brown | ♪ (soft music) ♪ |
| 00:35:05 | Dr. Stuart Brown | *Well, guess what?* |
| 00:35:09 | Dr. Stuart Brown | *Many humans show consequences of play deprivation:* *no empathy,* *inability to handle conflict,* *joylessness,* *predilection to addictions,* *workaholic,* and the ideologically rigid know-it-all individual very often is play-starved. |
| 00:35:36 | Dr. Stuart Brown | ♪ (soft music) ♪ |
| 00:35:46 | Dr. Stuart Brown | *(subway announcer over speaker)* |
| 00:35:58 | announcer over speaker | *(announcer over speaker) Ladies and gentlemen,* *please take your backpack off your back--* |
| 00:36:02 | announcer over speaker | it's a simple way to add standing room. |
| 00:36:05 | announcer over speaker | *Courtesy counts. Be someone who makes it a better ride for everyone.* |
| 00:36:13 | Kara Masciangelo | *(Kara) Even though I'm born and bred here,* *I thought many times about leaving...* |
| 00:36:21 | Kara Masciangelo | *...the noise, the car honking,* things that used to give me comfort when I was a child, like those things that soothe you when you go to sleep. |
| 00:36:31 | Kara Masciangelo | *All of those things-- I can't stand it.* |
| 00:36:35 | Kara Masciangelo | *On my way to work today,* it was just an assault of the senses: *the taxi laying on his horn, all the people* *and the buses and the ambulance.* |
| 00:36:45 | Kara Masciangelo | (traffic noises) *I work for the Federal Reserve.* |
| 00:36:57 | Kara Masciangelo | *We're down in the Financial District,* *which is the epicenter of the financial world.* |
| 00:37:03 | Kara Masciangelo | I'm an Information Services Manager, *which is a 21st-century librarian.* |
| 00:37:10 | Kara Masciangelo | *We do a lot of stuff.* |
| 00:37:12 | Kara Masciangelo | *We work on ad hoc requests that come in, sometimes we're doing some analysis,* *making sure that the bank is informed about stuff that's happening in the world* *and in banking and finance.* |
| 00:37:24 | Kara Masciangelo | *I work with a lot of technology, and we cross a lot of teams,* *and all the parts have to line up together* and if one of those things isn't quite lining up, someone's not going to get the information that they need. |
| 00:37:35 | Kara Masciangelo | *So there's pressure there.* |
| 00:37:36 | Kara Masciangelo | ♪ (upbeat music) ♪ |
| 00:37:39 | Kara Masciangelo | *The world is changing so fast, and we have to change with it.* |
| 00:37:43 | Kara Masciangelo | *Keeping pace with that creates a lot of challenges for me.* |
| 00:37:46 | Kara Masciangelo | (mix of announcements) (traffic noise) *It was in my mid-30s, and I was feeling very low.* |
| 00:38:38 | Kara Masciangelo | *You know, one of those existential crises where you're like,* *"What the hell am I doing?"* *and I started commuting everywhere by bicycle.* |
| 00:38:46 | Kara Masciangelo | *I would commute to work.* |
| 00:38:49 | Kara Masciangelo | Everywhere I went in Brooklyn *to visit friends, to go, you know, shopping* *was always on a bicycle.* |
| 00:38:55 | Kara Masciangelo | *And I realized that I just felt better after.* |
| 00:38:58 | Kara Masciangelo | Actually, I guess what I knew more clearly was when I'm not doing this, I feel really bad. |
| 00:39:04 | Kara Masciangelo | And everything starts to hurt. |
| 00:39:06 | Kara Masciangelo | ♪ (soft music) ♪ |
| 00:39:08 | Kara Masciangelo | *But what I really wanted was the ocean,* *I wanted to be near the water.* |
| 00:39:12 | Kara Masciangelo | ♪ (soft music) ♪ |
| 00:39:16 | Kara Masciangelo | *I had seen people paddleboarding,* and it occurred to me that I should see if I could do that somewhere around here, and I googled, and I found a Groupon for a Manhattan kayak. |
| 00:39:28 | Kara Masciangelo | ♪ (soft music) ♪ |
| 00:39:38 | Kara Masciangelo | *When I started paddling, it was the first time* *I understood what it meant to be mindful.* |
| 00:39:45 | Kara Masciangelo | ♪ (soft music) ♪ |
| 00:39:51 | Kara Masciangelo | *When I'm paddling, I'm literally not thinking about anything* *other than the right here and the right now.* |
| 00:39:57 | Kara Masciangelo | ♪ (soft music) ♪ |
| 00:40:07 | Kara Masciangelo | *When I'm out in the middle of the river,* *and I'm just taking stock of the scenery,* all I can do is just sigh, it's just-- |
| 00:40:18 | Kara Masciangelo | *I'm just connecting with the water* *and breathing the air, which usually smells pretty good,* *and it's amazing* just to breathe and think and not think. |
| 00:40:30 | Kara Masciangelo | ♪ (soft music) ♪ |
| 00:40:53 | Kara Masciangelo | *One of the things that is really nice is that I'm unplugged.* |
| 00:40:59 | Kara Masciangelo | *I'm addicted to my phone just like everybody else,* but it's very important to just go in airplane mode and not be responding to every message the minute it comes in, and not addressing, you know, every email, and not looking at every news story because it's only going to make you mad. |
| 00:41:17 | Kara Masciangelo | *It's important to manage the expectations of how fast things need to move* *in this world.* |
| 00:41:23 | Kara Masciangelo | ♪ (soft music) ♪ |
| 00:41:31 | Kara Masciangelo | ♪ (music ends) ♪ |
| 00:41:32 |  | (street noise) |
| 00:41:40 | Lester Holt | (Lester Holt) That's NBC nightly news for this Friday. |
| 00:41:42 | Lester Holt | I'm Lester Holt, I'll see you a bit later tonight on Dateline for all of us at NBC news. |
| 00:41:46 | Lester Holt | Thank you for watching, and good night. |
| 00:41:48 |  | (indistinct chatter) |
| 00:41:52 | woman 4 | (woman 4) You might wonder that if you're speaking with an accent... |
| 00:41:55 | Lester Holt | (Lester Holt) (reading unintelligibly) Well, you can come out , this is my everything right now, and it's a long way from work, and it's a long way from where... |
| 00:42:04 | woman 4 | woman 4) That's a good idea. |
| 00:42:11 | Lester Holt | *(Lester Holt) As a child,* *I would sit in my bedroom with a tape recorder,* newspaper, my record player, and I would play like I was on the radio, "And now a song from Michael Jackson"-- |
| 00:42:21 | Lester Holt | or back then, Jackson Five. |
| 00:42:23 | Lester Holt | "And now the news headlines"-- |
| 00:42:24 | Lester Holt | and I would read from the newspaper. |
| 00:42:27 | Lester Holt | (indistinct chatter) *I went to college in Sacramento,* *and then, I found out there was an opening* at the CBS-owned all-news station in San Francisco, so a chance to work in the big city. |
| 00:42:39 | Lester Holt | I withdrew from college with the intent that I'll just transfer next semester to San Francisco State University, *but life kind of got in the way, I mean, I'm in the big city, I'm covering news.* |
| 00:42:51 | Lester Holt | *I used to have a promo that said,* *"Breaking News with LESTER HOLT, The Fastest Mic in The West."* It was awesome. |
| 00:42:58 | Lester Holt | (younger Lester) President Reagan and Soviet leader Mikhail Gorbachev will send New Year's messages to each other as nations on New Year's Day. |
| 00:43:04 | Lester Holt | So I've moved outside on to Dealey Plaza; in fact, I'm standing atop the infamous grassy knoll... |
| 00:43:10 | Lester Holt | As a performer, do you feel a responsibility to be socially active? |
| 00:43:15 | Lester Holt | Good evening. |
| 00:43:16 | Lester Holt | I want to welcome you to the first presidential debate. |
| 00:43:19 | Lester Holt | The participants tonight are Donald Trump and Hillary Clinton. |
| 00:43:23 | Lester Holt | I was incredibly honored when I got the call that they wanted me to moderate the first presidential debate. |
| 00:43:31 | Lester Holt | *But of course, I recognized what I was walking into.* |
| 00:43:34 | Hillary Clinton | ...I have done. |
| 00:43:34 | Donald Trump | Your husband signed NAFTA... |
| 00:43:36 | Lester Holt | *(Lester Holt) I remember in the days afterwards,* I'd read my email, I'd just have my phone there, and it's just a ton of reaction like, "Great job! Awesome!" |
| 00:43:43 | Lester Holt | "Loser! Die!" |
| 00:43:45 | Lester Holt | ♪ (soft music) ♪ |
| 00:43:48 | Lester Holt | *The environment-- it can be very toxic.* |
| 00:43:50 | Lester Holt | (chanting) *The level of divisiveness now is different than what we've seen.* |
| 00:43:56 | Lester Holt | (shouting) *It's a great time to be a journalist.* |
| 00:44:00 | Lester Holt | *At the same time, it's a troubling concerning time for dialogue* and for expressing ideas and respecting each other. |
| 00:44:08 | Lester Holt | *(video) More than a dozen people were arrested this weekend* *in protest over the police shooting death of an unarmed 18-year-old in Ferguson.* |
| 00:44:14 | Lester Holt | *(video) We're going to take a closer look this evening at the controversial role of the President's personal lawyer.* |
| 00:44:19 | Rudy Giuliani | *I can't keep up with the amount of false information printed about me.* |
| 00:44:22 | newsman | So let's get to some facts-- |
| 00:44:22 | Giuliani | I'm telling you-- |
| 00:44:24 | Lester Holt | *(Lester Holt) A collective sense of safety strained at the breaking point* *by two mass shootings in the span of about 13 hours.* |
| 00:44:31 | Lester Holt | *And we are long past the days when we could say it can't happen here.* |
| 00:44:35 | Lester Holt | *(video) A migrant humanitarian disaster growing along our southern border* *became even more vivid today.* |
| 00:44:40 | Lester Holt | *New images of overcrowded detention centers...* |
| 00:44:43 | Lester Holt | ♪ (soft music) ♪ |
| 00:44:47 | Lester Holt | (waves gently splashing) *It's easy to be defined by what you do,* *and when you have a high profile job, it's much easier to be defined by that,* *that's Lester Holt Anchorman,* *that's Lester Holt NBC Nightly News anchor*. |
| 00:45:04 | Lester Holt | I love what I do, I still have that passion for news, but as you get older you think, "Is that what I'm going to be defined as?" |
| 00:45:09 | Lester Holt | I'm a multi-dimensional person. |
| 00:45:13 | Lester Holt | (bar noise) ♪ (background music) ♪ |
| 00:45:25 | Lester Holt | *As a child of the 60s, like a lot of us,* *we grew up in homes where he had the big hi-fi.* |
| 00:45:31 | Lester Holt | *My father had this big console, the record player and the tuner,* *you know, you had to turn it on and wait for it to warm up.* |
| 00:45:37 | Lester Holt | *And somewhere along the line,* my ear started kind of picking up the lower end of music. |
| 00:45:43 | Lester Holt | And, you know, I seem to remember, it was the 5th Dimension album we're playing, and... what was the line? |
| 00:45:53 | Lester Holt | (imitating bass sound) And then, somehow, at that point I understood it was the bass, and I was like, "I want to play that." |
| 00:45:58 | Lester Holt | ♪ (The 5th Dimension, "Aquarius") ♪ |
| 00:46:12 | Lester Holt | *I started playing with the Junior High jazz choir,* *and I did it all the way into college.* |
| 00:46:18 | Lester Holt | But when my career started taking off, the base became less and less part of my life. |
| 00:46:22 | Lester Holt | ♪ (music ends) ♪ |
| 00:46:24 | Lester Holt | *Fast forward, moved to New York,* *my son, one was middle school, one was starting high school* *and it was kind of a different time in my life.* |
| 00:46:31 | Lester Holt | And I had been at a music store, I think I stopped at a music store and saw the upright bass. |
| 00:46:37 | Lester Holt | And I was like, "Oh man, I'd love to play one of those." |
| 00:46:40 | Lester Holt | *Because upright bass has this kind of deep, rich sound,* *and I love jazz, and I bought it.* |
| 00:46:47 | Lester Holt | ♪ (jazz music) ♪ |
| 00:46:48 | Lester Holt | *That's when I really started playing a lot.* |
| 00:46:51 | Lester Holt | *At that point in my life, I was at MSNBC.* |
| 00:46:54 | Lester Holt | *The major stories included the 2000 election recount, 9/11.* |
| 00:46:59 | Lester Holt | *I was a busy guy.* |
| 00:47:01 | Lester Holt | *But at the same time, I found this time for this music,* *and I realized I think later that this is something totally different.* |
| 00:47:09 | Lester Holt | *News was over here; this was something else.* |
| 00:47:11 | Lester Holt | *And I think over time I began to realize this is healthy, this is good.* |
| 00:47:18 | Lester Holt | (cheering and clapping) Thank you very much. |
| 00:47:22 | Lester Holt | My name is Lester Holt. |
| 00:47:24 | Lester Holt | We are the Rough Cuts. |
| 00:47:25 | Lester Holt | (cheering and clapping) But we are more than the Rough Cuts, we are work colleagues, we all worked at NBC News. |
| 00:47:34 | Lester Holt | But since there's no news going on these days, we figured we'd form a band, because there's nothing else to keep us busy, so we do the best we can. |
| 00:47:40 | Lester Holt | We want to play some music right now. |
| 00:47:42 | Lester Holt | I do talking for a living, but I don't get to play for a living. |
| 00:47:45 | Lester Holt | So enjoy, everybody. |
| 00:47:48 | Lester Holt | (cheering and clapping) ♪ (Talking Heads, "Psycho Killer") ♪ |
| 00:48:27 | Lester Holt | *(Lester Holt) Now I tell people, I say,* *"You know, it's really important to have a passion for what you do* *and a dedication, but don't let it define you.* |
| 00:48:35 | Lester Holt | *Make sure you have something else in your life,* *something else that will take you to a different space."* And I have that now. |
| 00:48:42 | Lester Holt | *But it was a slow evolution.* |
| 00:48:43 | Lester Holt | ♪ (guitar solo) ♪ |
| 00:48:47 | Lester Holt | ♪ (Rod Stewart, "Stay with Me") ♪ |
| 00:49:31 | Dr. Stuart Brown | *(Dr. Brown) If we were to look at the glue that keeps the community together* *a sense of belonging is established most acutely from social play.* |
| 00:49:43 | Dr. Stuart Brown | One learns from play, for example, the roots of empathy. |
| 00:49:49 | Dr. Stuart Brown | Rough and tumble play is one of the ways that we learn how not to hurt someone else or be hurt and begin to have the roots of empathy. |
| 00:49:58 | Dr. Stuart Brown | It doesn't take a lot. |
| 00:50:02 | Dr. Stuart Brown | Now, since I think of play as being really genetic and very, very basic, this is a 16th-century painting by Pieter Bruegel. |
| 00:50:11 | Dr. Stuart Brown | 54 kinds of play: teasing, solo play-- |
| 00:50:19 | Dr. Stuart Brown | all kinds of different forms of play. |
| 00:50:23 | Dr. Stuart Brown | Yesterday, I went to the Apple Store in the Del Monte mall in Monterey, and looked around to see if there was anything like the Pieter Bruegel, *and it seemed like everybody was headed somewhere,* *really in a hurry to spend their money in the Del Monte mall.* |
| 00:50:40 | Dr. Stuart Brown | *Not play.* |
| 00:50:45 | Dr. Stuart Brown | *What's the opposite of play?* |
| 00:50:48 | Dr. Stuart Brown | *Is it work?* |
| 00:50:50 | Dr. Stuart Brown | *Nope. It's depression.* |
| 00:50:52 | Dr. Stuart Brown | ♪ (soft music) ♪ |
| 00:50:56 | Dr. Stuart Brown | *In the years* *following the Huntsville study of young murderers in Texas,* I had as many individuals as possible take this developmental play history. |
| 00:51:07 | Dr. Stuart Brown | *What are your friends like?* |
| 00:51:09 | Dr. Stuart Brown | What are your pets like? |
| 00:51:10 | Dr. Stuart Brown | *Was your family oriented toward play?* |
| 00:51:13 | Dr. Stuart Brown | *In the course of 20 plus years* *doing this kind of slow accumulation of these histories,* *I began to get a sense that play* *is really significant in everybody's life.* |
| 00:51:28 | Dr. Stuart Brown | *What is it you really love?* |
| 00:51:32 | Dr. Stuart Brown | *What engages you deeply?* |
| 00:51:34 | Dr. Stuart Brown | What fulfills you? |
| 00:51:35 | Dr. Stuart Brown | *What gives you a sense of authenticity?* |
| 00:51:39 | Dr. Stuart Brown | *All of those elements are really part of why we play,* *which is to give us a sense of self.* |
| 00:51:46 | Dr. Stuart Brown | ♪ (soft music) ♪ |
| 00:51:48 | Dr. Stuart Brown | And if it's not there, the burnout, the depression, the one foot in front of the other quality of your life dominates. |
| 00:52:01 | Peter Gray | (Peter) It's not natural for people to be depressed or anxious. |
| 00:52:04 | Peter Gray | It's simply not natural, and we are creating that. |
| 00:52:08 | Peter Gray | ♪ (soft music) ♪ |
| 00:52:12 | Caroline Pauline Cárdenas | *(Caroline) There's something about our cultural conditioning* *that tells us that play is frivolous.* |
| 00:52:17 | Caroline Pauline Cárdenas | And that's false, that's absolutely false. |
| 00:52:20 | Caroline Pauline Cárdenas | ♪ (soft music) ♪ |
| 00:52:21 | Caroline Pauline Cárdenas | *We don't stop developing in early adulthood,* *and so bringing play back into our lives is really important.* |
| 00:52:31 | Jodi Smith | (Jodi) We know that it's an essential part of our health *from childhood to adulthood.* |
| 00:52:38 | Jodi Smith | *Relationships need play.* |
| 00:52:42 | Jodi Smith | *We need those times to connect and to heal ourselves.* |
| 00:52:47 | Jodi Smith | ♪ (soft music) ♪ |
| 00:52:49 | Caroline Pauline Cárdenas | (Caroline) We need to be able to be in each other's presence, see each other's faces, hear each other's voices. |
| 00:52:55 | Caroline Pauline Cárdenas | *Empathy is something that we need to foster within ourselves.* |
| 00:53:02 | Caroline Pauline Cárdenas | *Can you imagine a world full of people that lacked empathy?* |
| 00:53:07 | Caroline Pauline Cárdenas | *Then they would lack compassion, and that's devastating for humanity.* |
| 00:53:13 | Caroline Pauline Cárdenas | ♪ (soft music) ♪ |
| 00:53:23 | Caroline Pauline Cárdenas | ♪ (background music) ♪ |
| 00:53:32 | David Miles Jr. | (David Miles Jr.) Yeah. |
| 00:53:33 | David Miles Jr. | That's what we're talking about. |
| 00:53:38 | David Miles Jr. | Just getting warmed up, everybody. |
| 00:53:42 | David Miles Jr. | Welcome to the church of eight wheels. |
| 00:53:49 | David Miles Jr. | It's what I like to see. |
| 00:53:52 | David Miles Jr. | Small steps now, small steps. |
| 00:53:55 | David Miles Jr. | *What we do here, I think that it's the kind of thing* *that everybody's looking for.* |
| 00:53:58 | David Miles Jr. | ♪ (upbeat music) ♪ |
| 00:54:00 | David Miles Jr. | *When they see it, there's this excitement,* *this light up of the face like, "Wow! Look at that!"* *You forget about all these other things going on* and all you can see is the lights and the people smiling *and having such a great time.* |
| 00:54:14 | David Miles Jr. | *It just gives you a moment of joy.* |
| 00:54:18 | David Miles Jr. | *I think people really want that.* |
| 00:54:21 | David Miles Jr. | ♪ (upbeat music) ♪ |
| 00:54:25 | David Miles Jr. | It's just that there's so few things like that now. |
| 00:54:29 | David Miles Jr. | *You go to some places you don't fit in,* *you don't dress right, you don't look like,* *you don't have this, you don't have that.* |
| 00:54:35 | David Miles Jr. | *When you're skating, it's always a fun, inclusive world.* |
| 00:54:41 | David Miles Jr. | Maybe it's just my world, I'm not sure, but it's open to anybody who wants to be part of it. |
| 00:54:46 | David Miles Jr. | ♪ (upbeat music) ♪ |
| 00:55:31 | David Miles Jr. | ♪ (music ends) ♪ |
| 00:55:34 | David Miles Jr. | (indistinct chatter) ♪ (upbeat music) ♪ |
| 00:55:45 | Caroline Pauline Cárdenas | (Caroline) So, everybody, just hold the hoop there. |
| 00:55:49 | Caroline Pauline Cárdenas | Marching like you're going to that festival, you're almost to the stage. |
| 00:55:54 | Caroline Pauline Cárdenas | You're like, "Oh my god, I'm going to totally dance my heart away right now." |
| 00:55:57 | Caroline Pauline Cárdenas | ♪ (upbeat music) ♪ |
| 00:56:01 | Caroline Pauline Cárdenas | And if you feel like you don't know what you're doing great, it's exactly what I'm looking for. |
| 00:56:12 | Caroline Pauline Cárdenas | *For me, it had always been a private practice,* *but as the community started coming up to me* *and asking me to teach classes,* my classes became a safe place for women to come explore, *express, connect.* |
| 00:56:29 | Caroline Pauline Cárdenas | *There is a healing quality to that,* *it actually helps to regulate the nervous system.* |
| 00:56:34 | Caroline Pauline Cárdenas | ♪ (upbeat music) ♪ |
| 00:56:38 | Caroline Pauline Cárdenas | Don't think about the hoop, feel it. |
| 00:56:43 | Caroline Pauline Cárdenas | *What it does thereafter, it's like a ripple effect* *that just sparks inspiration and empowerment* *as they move out of my class into their personal world.* |
| 00:56:54 | Caroline Pauline Cárdenas | ♪ (upbeat music) ♪ |
| 00:56:56 | Caroline Pauline Cárdenas | Feel the music. |
| 00:56:58 | Caroline Pauline Cárdenas | Watch the rhythm. |
| 00:57:00 | Caroline Pauline Cárdenas | ♪ (upbeat music) ♪ |
| 00:57:18 | Mia Vaughnes | *(Mia) This is the most important work* *to just allow your body to let go in front of other people.* |
| 00:57:25 | Mia Vaughnes | I actually lived on the top of this hill for 12 years, and I felt sort of isolated. |
| 00:57:31 | Mia Vaughnes | Everyone had their own little electric garage door opener, and they'd go inside and you wouldn't even know your neighbors. |
| 00:57:36 | Mia Vaughnes | So I moved to the inner city so that I could be crammed with other people just to get that energy, you know. |
| 00:57:41 | Mia Vaughnes | It feeds the soul. |
| 00:57:43 | Mia Vaughnes | There's something to that. |
| 00:57:45 | Mia Vaughnes | *Caroline's work in the world, it brings the child out in us.* |
| 00:57:48 | Mia Vaughnes | So if we can commit to it, then we'll be young forever. (laughs) ♪ (upbeat music) ♪ |
| 00:58:06 | woman 5 | *(woman 5) I am feeling right now such a sense of joy,* but a different kind of joy like all through my body. |
| 00:58:16 | woman 5 | Not like... |
| 00:58:17 | woman 5 | ...joy, just really connecting. |
| 00:58:20 | woman 6 | (woman 6) What's really important for me is play, A lot of times we forget when we get older, and that's one thing that I try to hold on to. |
| 00:58:28 | woman 7 | (woman 7) What a great opportunity to connect with myself, with my body, with other people today, for no reason other than to share joy, and that is amazing, that's such an amazing thing. |
| 00:58:41 | woman 7 | I haven't seen a cell phone in hours. |
| 00:58:45 | woman 7 | and I love that. |
| 00:58:46 | woman 7 | (indistinct chatter) ♪ (upbeat music) ♪ |
| 00:59:56 | woman 7 | I think Jim and I are going to play half court tennis next week. |
| 00:59:59 |  | (laughter) |
| 01:00:02 | old man 2 | Pickleball! |
| 01:00:02 | old man 3 | Pickleball! |
| 01:00:03 | Dr. Stuart Brown | I haven't descended in Pickleball... |
| 01:00:06 | Dr. Stuart Brown | (indistinct chatter) ♪ (upbeat music) ♪ |
| 01:00:13 | Kara Masciangelo | Beautiful! |
| 01:00:15 | Kara Masciangelo | Alright, take one more walk. |
| 01:00:18 | Kara Masciangelo | ♪ (upbeat music) ♪ |
| 01:01:13 | Kara Masciangelo | ♪ (music ends) ♪ |
| 01:01:16 | woman 8 | Nice place to be today! |