



Todd Hargrove: Playing with Movement - How Simple Games Help Us Solve Complex Problems



Todd Hargrove is a Manual and Movement Therapist, Author, and Blogger. Discover what play has to do with being fit, healthy, and skillful at moving and feeling better.

TOP EMBODIMENT TIP: Start where you are. Know your intrinsic motivation, what you're curious about and want to explore, even if it means going down some pathways of risk, and if they do, get a guide.

Why Traditional Methods and Systems Don't Always Work:

- **“Recipe” (assessment followed by steps to take) is one-size-fits all, but the landscape of possibilities with any individual is vast (subjective factors: person’s intention, likes/dislikes, etc.) and requires exploration.**
- Need to play with movement or consider the person’s motivation. Play as a way to problem-solve (e.g. babies).
- Prescriptive formulas work better for simple problems; they don't address complex issues (which require exploration, trial and error, curiosity).

Benefits of Play:

- Play is physical training (e.g. kittens pouncing on each other trains them to catching mice as cats).
- **Leads to general adaptability by stimulating curiosity or resourcefulness** (e.g. hunter-gatherers learn by unstructured play, not formal instruction).
- Speeds up pace of learning (e.g. kids and technology - learn by curiosity, exploration).

Play vs. Work:

- Whether something is play or work **depends on subjective mind state: what's your motivation?** Enjoyment or because you “have to” (e.g. hiking in nature vs. being on a Stairclimber).
- Common elements of play include fun, intrinsically motivating, exploratory, variable and experimental. Play stops when perceived stress gets high.

Intrinsic Motivation:

- If you're internally motivated to do some activity, you're more likely to do it. “If it's fun, it gets done.”
- If it's personally meaningful or if you're in the flow (rewarding, meaningful, feels effortless, requires skill and focus)
- Highest level of intrinsic motivation created by: autonomy, competence, relatedness
- **“The real secret of life - to be completely engaged with what you are doing in the here and now. And instead of calling it work, realize that it is play.”** (Alan Watts)

Resources (Any that are mentioned; Remove the headings for what aren't)

- ❖ **Books:** *Playing With Movement*;
- ❖ **Website:** [Better Movement](#)



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Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

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