

The Domestic Church

Pray! Play! and Love!

The Mission of the Family is to Guard, Reveal, and Communicate Love JPII

Family Play

Playing games together is a very powerful way to bond with someone. On the surface playing games provides an opportunity to be together and interact with other people all around the common set of rules that constitute a given game. On a deeper level, when we play with others, for a moment, we are on the same level, even if that person is a bit older or younger, partaking in a game changes the normal rules of life and takes us into an alternate environment where everyone has an equal chance to win. When we play with someone, we are saying that we like to spend time with them, that we enjoy their company, that we share similar interests and that we can have fun together regardless of differences in age, physical or mental abilities, or interests.

The choice of the play activity is pretty important: for

little kids it is pretty easy to pick an activity, but as our children grow up we have to become more creative. Some families might enjoy playing sports together, making music or even role playing games. The idea is to find something that we can all participate in and enjoy. Some things we do with the entire family and other times we subdivide the children and do things with just the younger kids or just the older ones. We like swimming together as well as biking and hiking. The goal is to create lasting memories of being together to build the bonds of trust and leave open the lines of communication. The time invested in the relationship with your children will prove to be very helpful when life gets hard and they need someone to talk to. We as parents want our children to believe we are there for them and playing with them helps to communicate that message.

Discussion Questions

1. What are some of the activities you remember doing with your family when you were growing up?
2. What does your family like doing together for fun?
3. When do you try to find time to play together?
4. How often do you spend time playing together as a family?
5. What does your family normally do on a Sunday?
6. How often do you get together with another family?



A FAMILY THAT PLAYS TOGETHER STAYS TOGETHER, AND HAS FUN TOGETHER

“Play is the gateway to vitality. By its nature it is uniquely and intrinsically rewarding. It generates optimism, seeks out novelty, makes perseverance fun, leads to mastery, gives the immune system a bounce, fosters empathy and promotes a sense of belonging and community.”

The National Institute for Play



“Play isn’t just about imagination; it is about rest and rejuvenation. It shapes our brain, fosters joy, creativity and innovation, and is essential to our health.”

Brené Brown, PhD