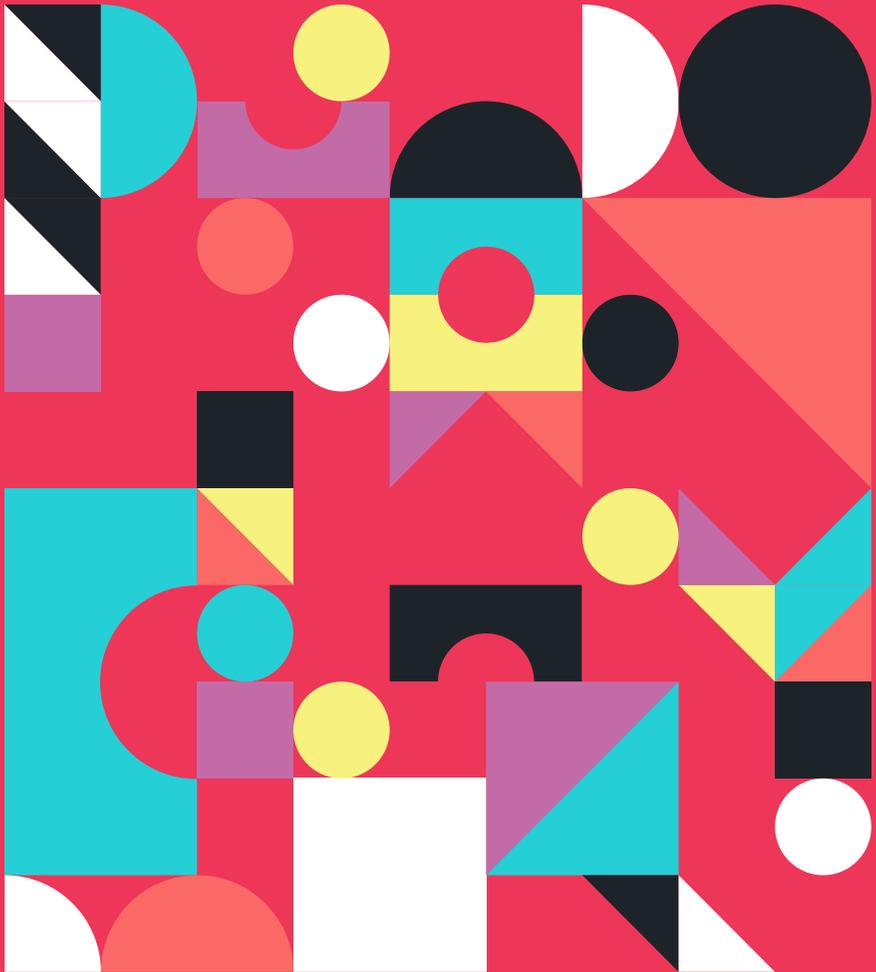


# PLAYBOOK



In 1907 American President, Theodore Roosevelt, set out his thoughts about the importance of play.

*"City streets are unsatisfactory playgrounds for children because of the danger, because most good games are against the law, because they are too hot in summer, and because in crowded sections of the city they are apt to be schools of crime....Older children who would play vigorous games must have places especially set aside for them; and, since play is a fundamental need, playgrounds should be provided for every child as much as schools. This means that they must be distributed over the cities in such a way as to be within walking distance of every boy and girl".*

Since then, the playground has been witness to generations of fun, learning, adventure and inspiration.

In Post-War London the junk playground, introduced to the UK by landscape architect and children's rights campaigner Lady Allen of Harwood, saw children play in environments created with recycled materials like tyres built into mountains, giant jumping pits of foam and collections of puzzling piping. The junk playground utilised discarded spaces like bomb sites, building sites and wasteland and reclaimed them for imaginative play.

Until the 1980s, playgrounds were places for social experiments, risky projects and spectacular sculptures. Architects, urban planners and artists experimented with pioneering ideas and playful adventures. Adults and children were invited to explore, discover and create in new environments that, now, have largely been forgotten.

As part of our Summer Season (15 July – 30 October 2016), BALTIC welcomes *The Playground Project*, an exhibition celebrating 'places to play' and all the inspiring possibilities presented by this mid-twentieth-century experimentation.

This summer, BALTIC invites children and adults alike to climb, sand-sculpt, draw, tunnel and play in our Level 4 gallery.

BALTIC believes play to be important. And we're not alone. In 1989 The United Nations officially approved The UN Convention on the Rights of the Child; a benchmark against which a nation's treatment of its children is measured. Article 31 states that:

*"Every child has the right to rest and leisure, to engage in play and recreational activities...and to participate freely in cultural life and the arts."*

194 countries in the world agreed to this Convention and, in doing so, stated their belief that play is an important human right.

Occurring at all life stages, play provides a fundamental building block for our species. The biological, social and physical sciences have all provided research into play, scientists continue to debate its role in evolution and current theories explain how play shapes our brains, creates our competencies and supports our emotions.

Dr Stuart Brown of the National Institute for Play, California, USA, comments:

*"Plenty of play in childhood makes for happy, smart adults — and keeping it up can make us smarter at any age."*

With this in mind, BALTIC presents this Playbook; a compilation of whimsical, contemplative, reflective, creative and positive prompts to integrate playfulness into the everyday.

The Playbook is split into 5 different sections to encourage you to be playful in 5 different spaces; BALTIC, outside, school, work and home.

Share your playful moments with family, friends, colleagues and neighbours and pass along the Playbook to someone else who needs it.

**BALTIC BELIEVES PLAY TO BE IMPORTANT.  
PLAY IS IMPORTANT FOR EVERYONE.  
PLAY EVERY DAY.**

# PLAY AT BALTIC

*"Almost all creativity involves purposeful play."*  
Abraham Maslow, American Psychologist

## LOOK, LEARN, STAY AND PLAY.

Have fun in *The Playground Project*.

Complete this:

**“I COULD HAVE PLAYED FOREVER WITH THE...**

Listen to the people around you.

Collect conversations.

Create a composition like artist Janet Cardiff\*.

It could be...

**...A POEM**

**...A WORD COLLECTION**

**...A STORY**

Perform in the gallery, gather a crowd.

”

\*In 2012 BALTIC exhibited Janet Cardiff's *The Forty Part Motet*. This installation layered individual voices to create waves of textured sound.

Find a BALTIC Crew member.

Ask them about their favourite **BALTIC ARTIST**.

Mark Wallinger's *Heaven and Hell* installation\* in BALTIC's stairwell considers the state of being infinite, limitless, boundless or never-ending.

Use his mirrors to reflect.

What does forever look like for you?

Take a photo to remember the moment.

**#BALTICFOREVER**

\*Wallinger's site specific artwork was installed at BALTIC as part of his exhibition, *SITE*, in 2012.

Hey, Level 5!

“Eye-spy with my little eye, something beginning with...

**B  
A  
L  
L  
T  
I  
C.”**

**PLAY  
OUTSIDE**

*“Forget not that the earth delights to feel your bare feet  
and the winds long to play with your hair ”*

Kahlil Gibran, Artist, Philosopher, Writer

Be present; connect with your environment.

Find textures around you.

Think rough bricks, patterned tiles, smooth cobblestones, crisp grass and bumpy bark.

Record them in some way...

**TOUCH THEM;  
DESCRIBE THEM;  
DRAW THEM;  
PHOTOGRAPH THEM;  
FILM THEM.**

This summer keep a look out for...

**5 DIFFERENT COLOURED BRIDGES...**

**4 ICE CREAMS BEING EATEN IN THE SUN...**

**3 CREEPY CRAWLIES SCUTTling ABOUT...**

**2 BOATS WITH BIG BILLOWING SAILS...**

**AAAAND A CLOUD SHAPED LIKE A WHALE.**

Collect a variety of natural objects.

Think leaves, stones and sticks.

Create an artwork to be stumbled upon by someone else.

Photograph it.

**#CREATIVECACHE**

## **LEAVE A TRACE.**

Walk through a puddle and leave behind a trail of wet footprints on the pavement.

Artist Yoko Ono\* imagined a space between the sky and the earth.

Stretch your imagination beyond the possible;

## WHAT

would it **sound** like if it rained hundreds and thousands every Tuesday?

## WHAT

would it **look** like if the River Tyne was made of warm chocolate milk?

## WHAT

would it **feel** like if we all walked only on our hands?

## WHAT

would you **find** out if you could climb a ladder into the sky?

\*Ono's 2009 exhibition at BALTIC, *Beneath the Sky and My Head*, presented a series of conceptual installations and imagined a special, spiritual place between the sky and the earth.

# PLAY AT SCHOOL

*"Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand."*

Albert Einstein, Theoretical Physicist

## CREATE A SOUNDSCAPE OF YOUR SCHOOL DAY.

Listen. Write down or record the things you hear.

Think school bells, playground chatter, footsteps down the corridor and lunchtime rustling.

An aphorism is a short phrase that expresses a true or wise idea. Artist, Jenny Holzer\*, uses aphorisms or truisms to create text artworks.

Use this Aphorism Engine to create your own slogans by picking numbers at random and collecting the corresponding words. Play with friends.

**1. PLAY / 2. YOU / 3. TODAY / 4. CELEBRATE  
5. PROTEST / 6. BLUE / 7. BECOME  
8. LIVE / 9. FOREVER / 10. UPON / 11. FROG**

Rearrange your words to create your own truisms.  
Add more if needed.

Be like artist Bob and Roberta Smith\*\* and turn your aphorism into a protest or campaign.

\*Jenny Holzer's text-based work *Protect Protect* was exhibited at BALTIC in 2010. \*\**Help Build the Ruins of Democracy* by Bob and Roberta Smith was shown at BALTIC in 2004/5.

## PARTICIPATE IN THIS PENCIL PROJECT:

1. Draw with your other hand.
2. Draw. But don't look down at your drawing.
3. Hold two pencils together and draw in 3D.
4. Stack them up like a tower.
5. Play *Pick Up Sticks* when it falls down.
6. Make many marks like artist, Cy Twombly.
7. Arrange all your pencils as a still life.
8. Talk into one like a microphone. Interview a friend.
9. Use two like drumsticks. Create a composition.
10. Place them end to end and measure the classroom.
11. Imagine your pencil is a wand. Grant three wishes.
12. Be generous. Lend your best pencil to a friend.
13. Draw automatically like artist, André Masson.
14. Build drawing machines like artist, Nick Kennedy.

*"To invent, you need a good imagination and a pile of junk."*  
Thomas Edison, Inventor

Make like Thomas Edison:

**JUNK;**

**PLAY;**

**INVENT.**

Explore these artists\*:

**KADER ATTIA / BANKSY / KARLA BLACK**  
**DANIEL BUREN / MARLENE DUMAS**  
**TRACEY EMIN / ANTONY GORMLEY**  
**DAMIEN HIRST / ANSELM KIEFER / CHAD MCCAIL**  
**BARRY MCGEE / STEVE MCQUEEN / YOKO ONO**  
**GEORGE SHAW / JIM SHAW / LORNA SIMPSON**  
**SARAH SZE / SAM TAYLOR-JOHNSON**  
**SPENCER TUNICK / HAJRA WAHEED**  
**GILLIAN WEARING**

Play Artist Aces.

Think about beauty, influence, shock-value, auction prices, media attention, political views, likeability, career-length and global reach.

Will Tunick trump Taylor-Johnson? How does Sarah Sze size up? Will Black beat Banksy? Or will Hirst knobble the lot of them?

\*All of these artists have exhibited at BALTIC. Visit [balticplus.uk](http://balticplus.uk) for more information.

# PLAY AT WORK

*"If you want creative workers, give them enough time to play"*

John Cleese, Actor, Comedian, Writer, Producer

## **TAKE A MOMENT.**

Make a list of your favourite parts of right now.

- 1.
- 2.
- 3.
- 4.
- 5.

A *dérive* is an unplanned journey through a landscape.

Take a *dérive*; wander and wonder on your break.

## **FOCUS ON THE SMALL DETAILS.**

## PASS ALONG THE POSITIVITY.

Let a colleague know that what they do is appreciated.

## ROLL A DICE.

Follow the corresponding instruction:

**1**

Be like artist Erwin Wurm\* make a temporary stationary sculpture in 1 minute.

**2**

Create a Post It picture, leave it for someone else to find.

**3**

Eat your lunch from sweet to savoury.

**4**

Collect 5 blue things, photograph them and send the picture on.

**5**

Pick a personal theme tune and sing it to yourself for confidence.

**6**

Be brave today; share your thoughts with someone else.

\*Erwin Wurm's 2006 exhibition, *New Sculpture*, invited BALTIC visitors to consider different possibilities, exhibiting large scale artworks both inside and outside of the gallery.

Congratulate yourself on something you've done today.

**“YOU ARE AMAZING”**

Repeat this as you leave.

Remember it on your return.

# PLAY AT HOME

*“It's about playing in general... give yourself fifteen minutes... find what makes you feel good. Just figure it out and play in that arena”*

Shonda Rhimes, Writer

Stop in front of something you **LOVE**.

Call someone and tell them about it.

Build a den like artists Zoë Walker & Neil Bromwich\*.  
Make it your safe space.

**A FORTRESS FOR YOUR THOUGHTS.**

**A CASTLE FOR YOUR CAUSE.**

**A MONUMENT TO YOUR ME-TIME.**

\*Bromwich and Walker exhibited *The Encampment of Eternal Hope* in 2012/3. Made from natural and synthetic structures and inflatables, this part-tent/part-garden installation aimed to seek out strategies for future living in times of global uncertainty.

Collect objects from your home based on a variable of your choosing.

Think **COLOUR, SHAPE, TEXTURE** or **USAGE**.

Make a **SPACE**.

Curate a collection every week.

Put on your favourite music.

Dance with every part of your body...

**...FROM YOUR NOSE TO YOUR TOES, FROM  
YOUR FOLLICLES TO YOUR FINGERS.**

Just **BE.**

Just be **YOU.**

Just be you, **HERE.**

Just be you, here, **NOW.**

Just be you, here, now **IN THIS MOMENT.**

# BEYOND THE PLAY BOOK

**Burkhalter, G.(ed) (2016) *The Playground Project* [10A.PLAY] – BALTIC LIBRARY**  
Accompanying publication for *The Playground Project*. A collection of inspiring and experimental playground designs from acclaimed architects, artists and urban planners. Available to purchase from BALTIC Shop.

**Brown, T. (2008) TEDtalk: *Tales of Creativity and Play* – VIDEO**  
[www.ted.com/talks/tim\\_brown\\_on\\_creativity\\_and\\_play](http://www.ted.com/talks/tim_brown_on_creativity_and_play)  
Designer Tim Brown talks about the powerful relationship between creative thinking and play with many examples you can try at home.

**Brown, Dr S. (2008) TEDtalk: *Play is more than just fun* – VIDEO**  
[www.ted.com/talks/stuart\\_brown\\_says\\_play\\_is\\_more\\_than\\_fun\\_it\\_s\\_vital](http://www.ted.com/talks/stuart_brown_says_play_is_more_than_fun_it_s_vital)  
A pioneer in research on play, Dr. Stuart Brown says humour, games, roughhousing, and fantasy are more than just fun.

**Brown, S. & Vaughan, C. (2010) *Play: How It Shapes the Brain, Opens the Imagination, and Invigorates the Soul*, New York: Penguin – BOOK**  
Sprinkled with anecdotes demonstrating the play habits of polar bears to CEOs, Brown and Vaughan present a compelling case for promoting play at every age.

**Convention on the Rights of the Child – WEBSITE**  
[www.tinyurl.com/uncrc-rights](http://www.tinyurl.com/uncrc-rights)

**Gill, Tim (2007) *No Fear: Growing Up in a Risk Averse Society*, London: Calouste Gulbenkian Foundation – BOOK**  
[www.tinyurl.com/no-fear-risk-averse](http://www.tinyurl.com/no-fear-risk-averse)  
No Fear argues childhood is being undermined by risk aversion and advocates for a better balance between protecting children from genuine threats and giving them rich, challenging opportunities through which to learn and grow.

**Gray, Peter (2013) *Free to Learn*, New York, NY: Basic Books – BOOK**  
Drawing on anthropology, psychology, and history, Gray demonstrates that free play is the primary means by which children learn to control their lives, solve problems, get along with peers, and become emotionally resilient. Peter Gray also writes a blog, “Freedom to Learn” for Psychology Today magazine – [www.psychologytoday.com/blog/freedom-learn](http://www.psychologytoday.com/blog/freedom-learn) – BLOG

**Hurtwood, Lady Allen (1968) *Planning for Play*, London: Thames & Hudson – BOOK**  
The spirit and philosophy of children’s advocate and champion of adventure play, Margery Allen, is embodied in this classic piece.

**Infinite Playgrounds: [www.infiniteplaygrounds.co.uk](http://www.infiniteplaygrounds.co.uk) – WEBSITE**  
Infinite Playgrounds are experienced artists working on educational projects; they recognised a need in schools for creative and natural play. Working together with visionary educators in schools, nurseries, children’s centres and public parks, they create interactive and beautiful designs and inspirational learning environments.

**Lefavre, L. (2016) *Ground-Up City – Play as a Design Tool*, Rotterdam: nai010 publishers [10a.PLAY] – BALTIC LIBRARY**  
Lefavre provides a refreshing new look at play in a picture essay, with reference images illustrating play as an urban phenomenon.

**Minguet, J. M. (2012) *Urban Playground Spaces*, Barcelona: Instituto Monsa de Ediciones [10a.PLAY] – BALTIC LIBRARY**  
Getting the mix between adventure, education, safety, and aesthetics can be challenging but this book examines a number of innovative solutions created by architects and designers from across the globe.

**Nelson, E. (2012) *Cultivating Outdoor Classrooms: Designing and Implementing Child Centered Learning Environments*, St. Paul, MN: Redleaf – BOOK**  
Filled with guidance to plan, design, and create an outdoor learning programme that is a rich, thoughtfully equipped and natural extension of your indoor curriculum.

**Norman, N. (2003) *An architecture of play: a survey of London’s adventure playgrounds* [10a PLAY] – BALTIC LIBRARY**  
Also available at: [www.tinyurl.com/architecture-of-play](http://www.tinyurl.com/architecture-of-play)  
A record of adventure playgrounds in London with texts, photographs and drawings.

**Ryan, Z. (2006) *The Good Life: New Public Spaces for Recreation*, Princeton, NJ: Princeton Architectural Press [10a.PLAY] – BALTIC LIBRARY**  
Shows the best new designs for recreation from around the globe in one colourful collection.

**Ward, Colin (1990) *The Child in the City*, London: Bedford Square Press – BOOK**  
An attempt to explore the relationship between children and their urban environment.

**PLAY NOTES...**

**PLAY IS IMPORTANT TO EVERYONE.  
PLAY EVERY DAY.  
WITH LOVE FROM BALTIC.**

**BALTIC**



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