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What Does...

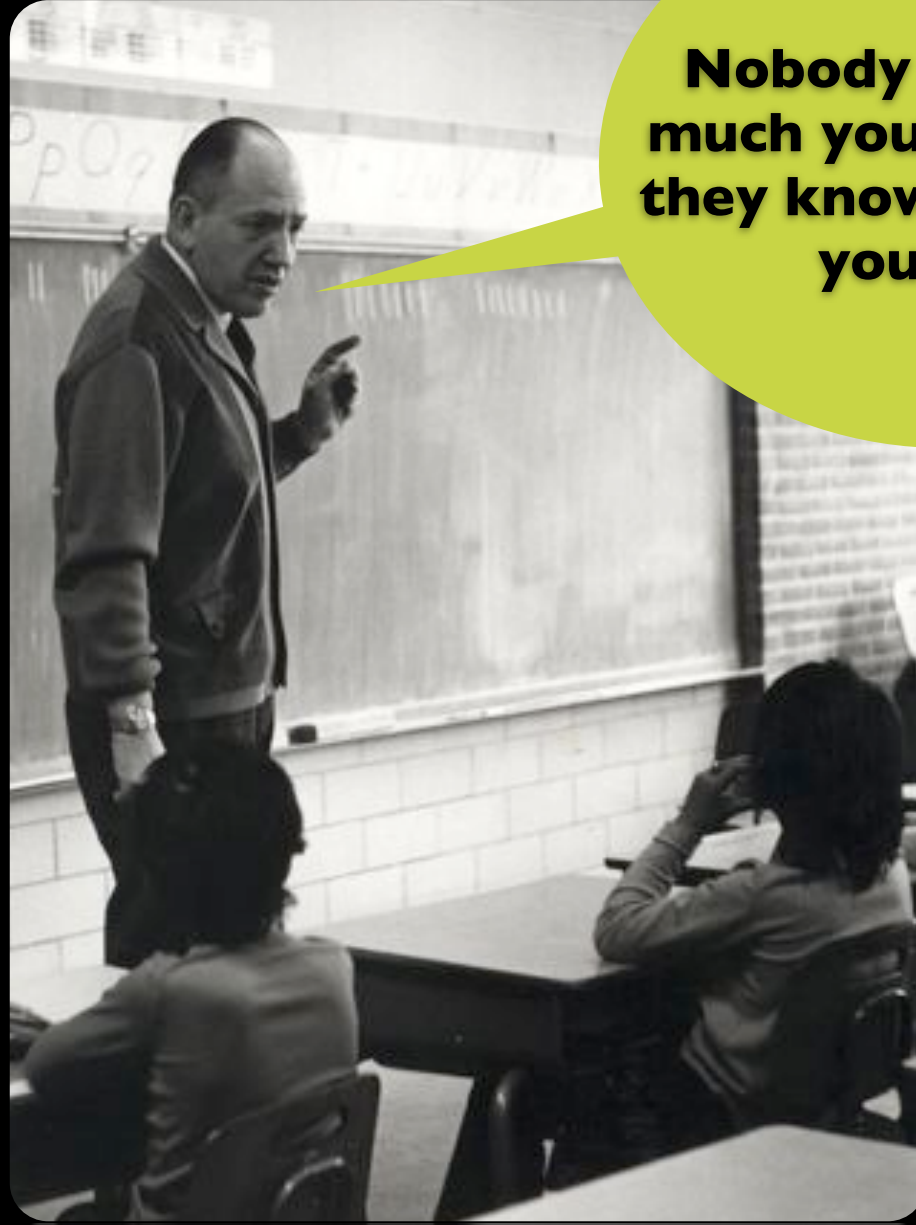
Project Joy provides training, consultation and resources to early childhood educators

in a way that inspires and empowers them to engage in *transformative* play with their children

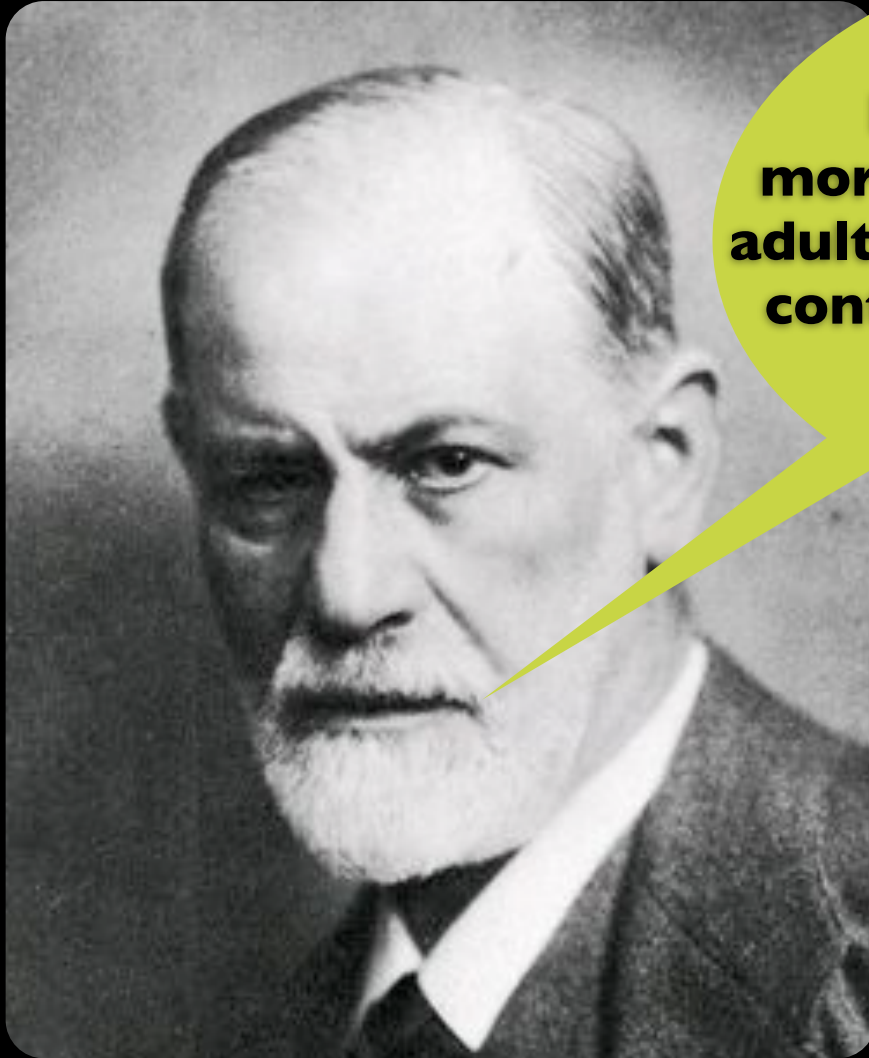
so that all involved lead healthier more joyful lives.

“The highest form of wisdom is kindness.”

The Talmud



Nobody cares how much you know until they know how much you care.



Nothing gives a child more pleasure than when an adult gives up their oppressive control and plays with them as equals.

Sigmund Freud

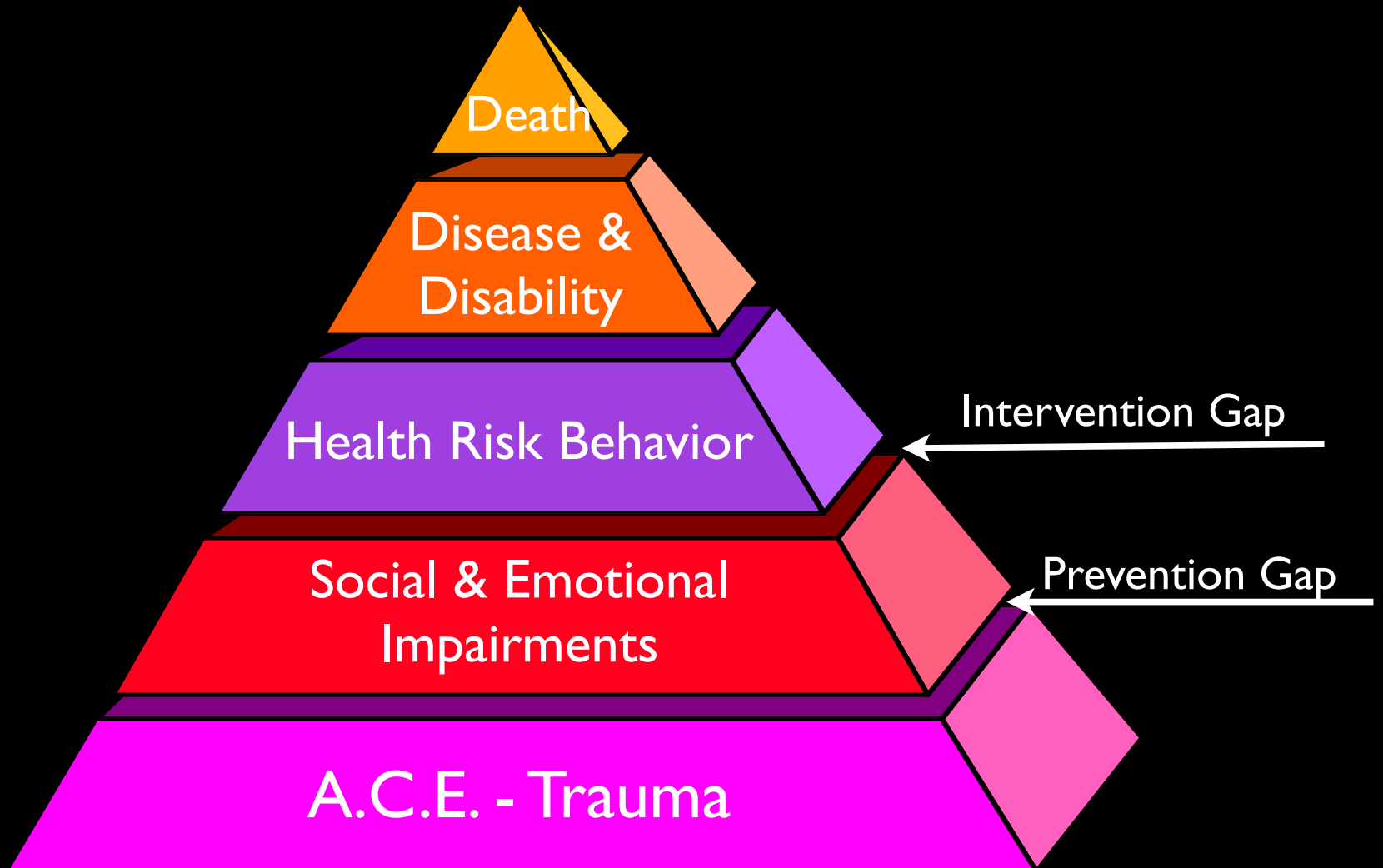




“The most threatening health crisis facing children in America is exposure to adverse childhood experiences.”

- American Journal of Preventive Medicine

U.S Center for Disease Control A.C. E. Study



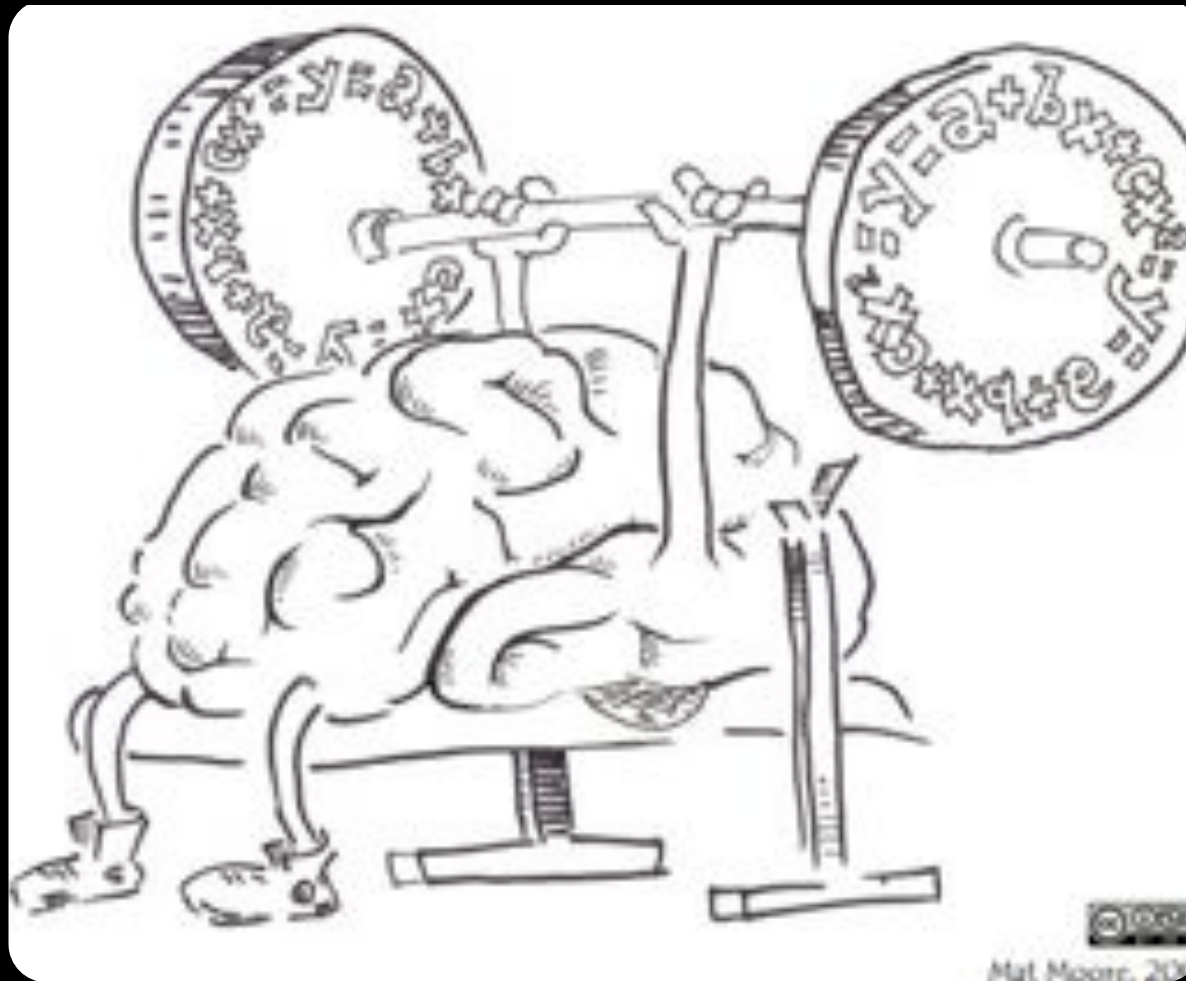


“The brain develops in use dependent ways”

- *Bruce Perry*



Stress & The Brain



Defining Trauma



Defining Trauma

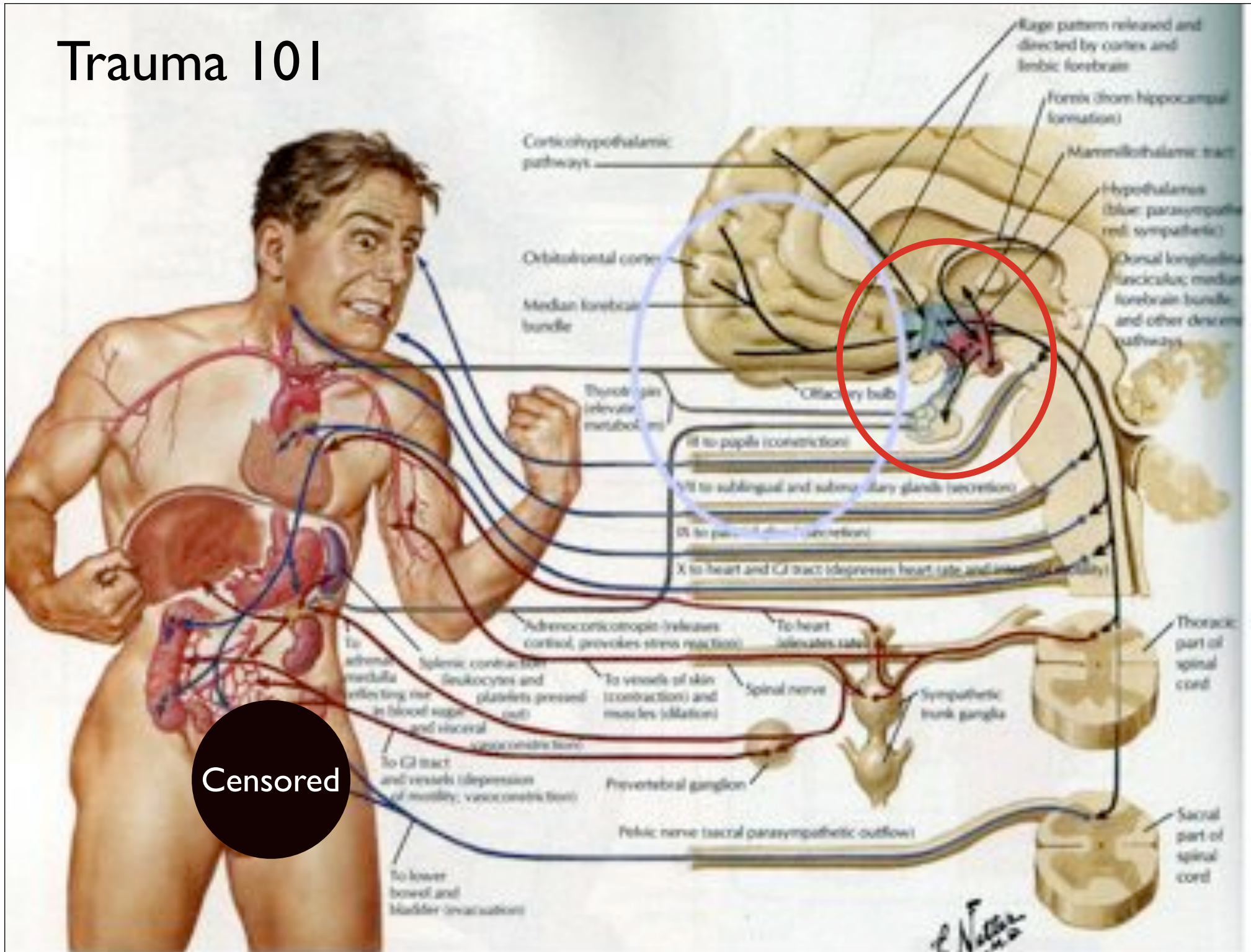
- Overwhelming fear caused by a severe, unpredictable threat (real or perceived)
- Threat activates a brain mediated response to promote adaptive survival function.
- When threat is severe, chronic or prolonged, the response system can become overactive or fatigued.
- This creates a new stress “equilibrium” that is more energy consuming and maladaptive

Preventing people from moving
when something terrible happens
is what makes trauma trauma.

- Dr. Bessel van der Kolk



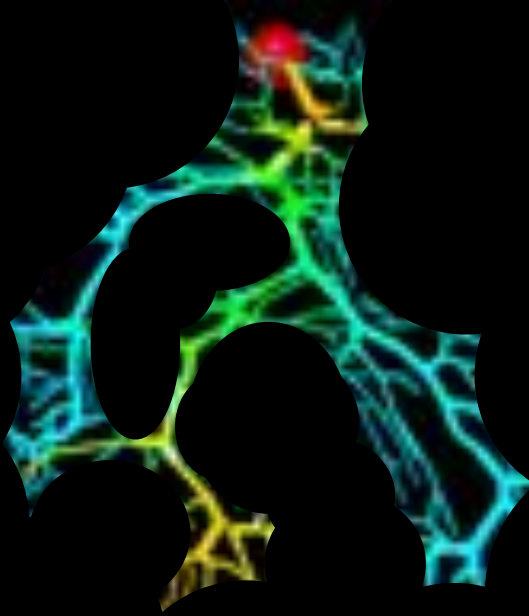
Trauma 101



Panksepp's Rats



Dendrite Development



Unenriched Environment

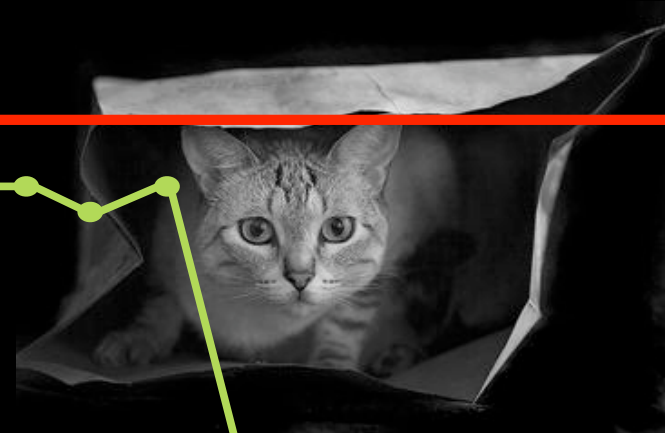
Dendrite Development



Enriched Environment

Play

Panksepp Play Study

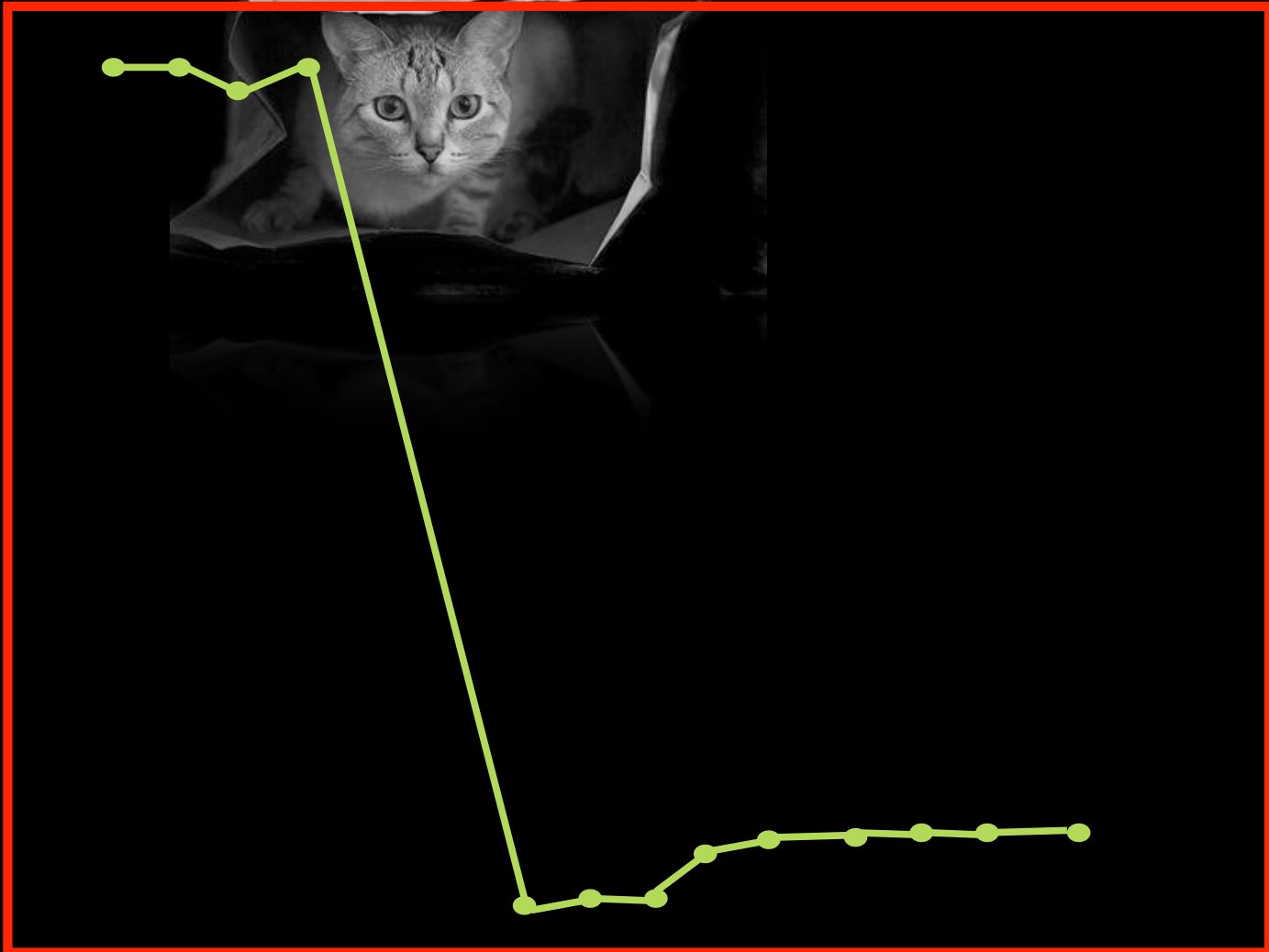


Lots

Some

Little

None



1 2 3 4 5 6 7 8 9 10

Days

Psychosocial Impact of Trauma in Children

Sad

Withdrawn



Lonely

Frightened



Our mission is to ensure
that nothing destroys the
playfulness of children.
Nothing.



**A playful approach
to the activity**

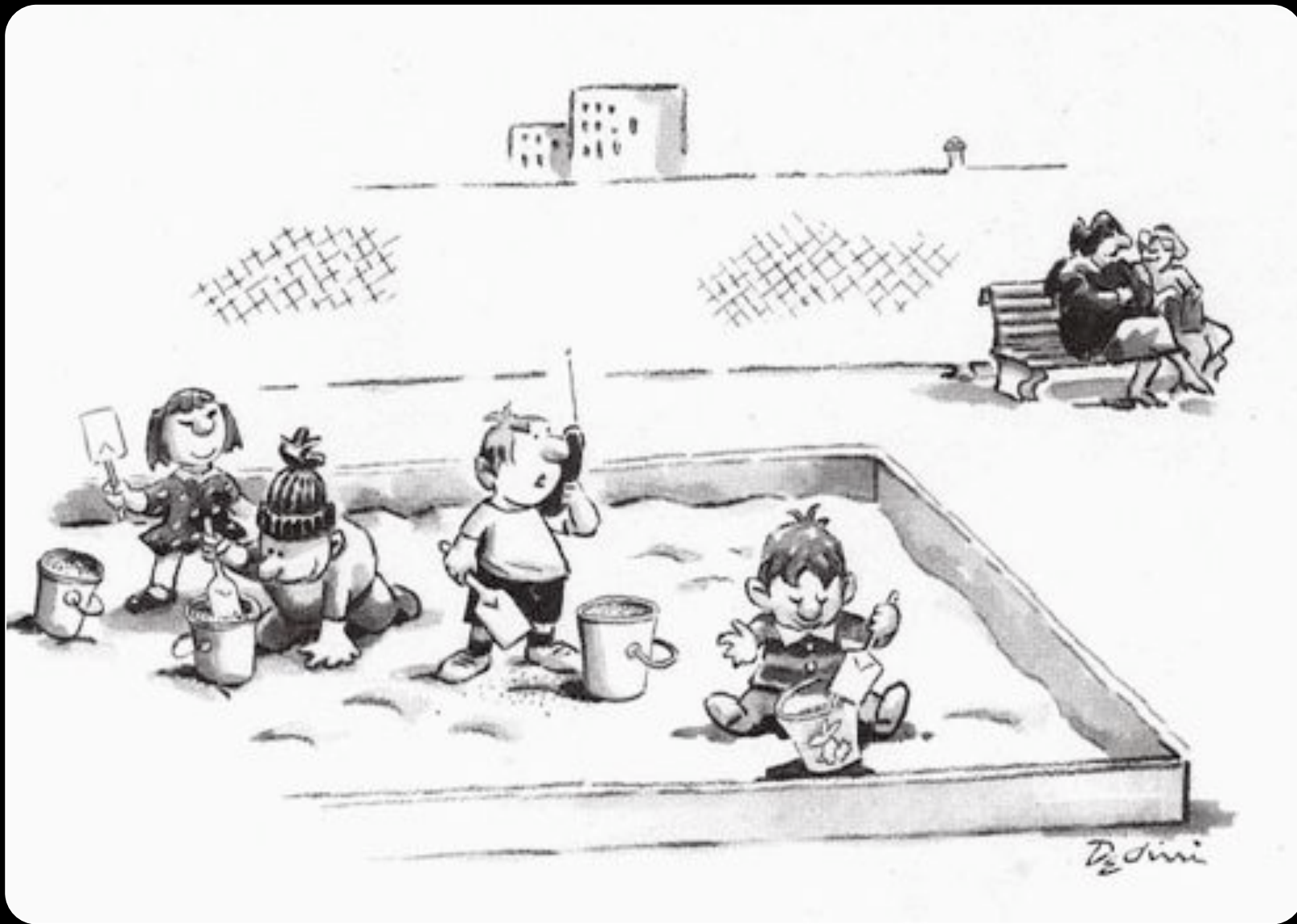


Play



**A specific
activity**





“Come pick me up. This is going nowhere.”



“You can say anything you want, or you can say nothing.
But most people say ‘Weeeeeeeeeee!!!’”

Why Playfulness?

Playfulness is the **motivation** to freely & joyfully **engage** with, **connect** with, & **explore** the surrounding world.

Sad

Withdrawn



Lonely

Frightened



Playfulness





Joyfulness

The child's sense of love, fulfillment, and hope that is expressed with displays of pleasure and exuberance.

Joyfulness



Playfulness





Social Connection

The child's cooperative interactions with others and the surrounding world

Joyfulness



Playfulness

**Social
Connection**





Internal Control

The child's sense of safety, worth and competence that allows them to engage with the surrounding world

Joyfulness



Playfulness

**Social
Connection**

**Internal
Control**



Active Engagement

The child's enthusiastic and complete immersion in an activity

Joyfulness

**Active
Engagement**

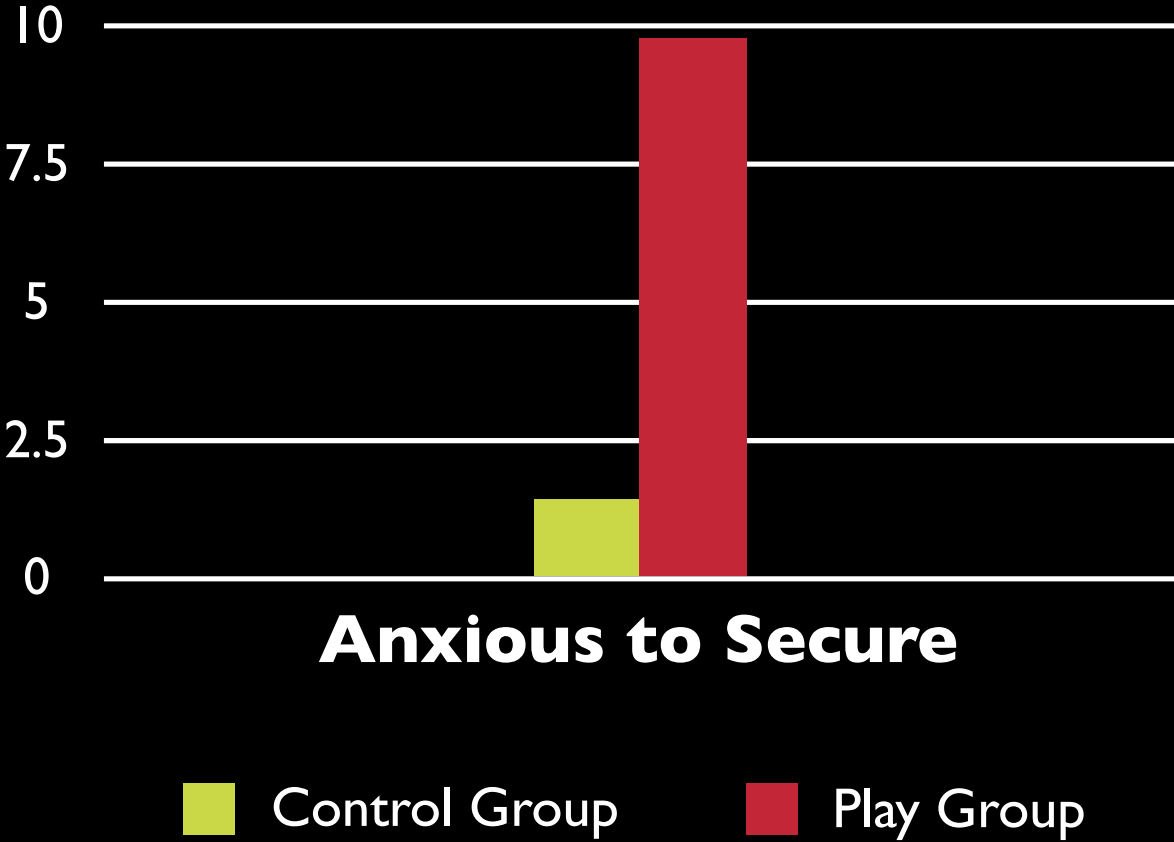
Playfulness

**Social
Connection**

**Internal
Control**

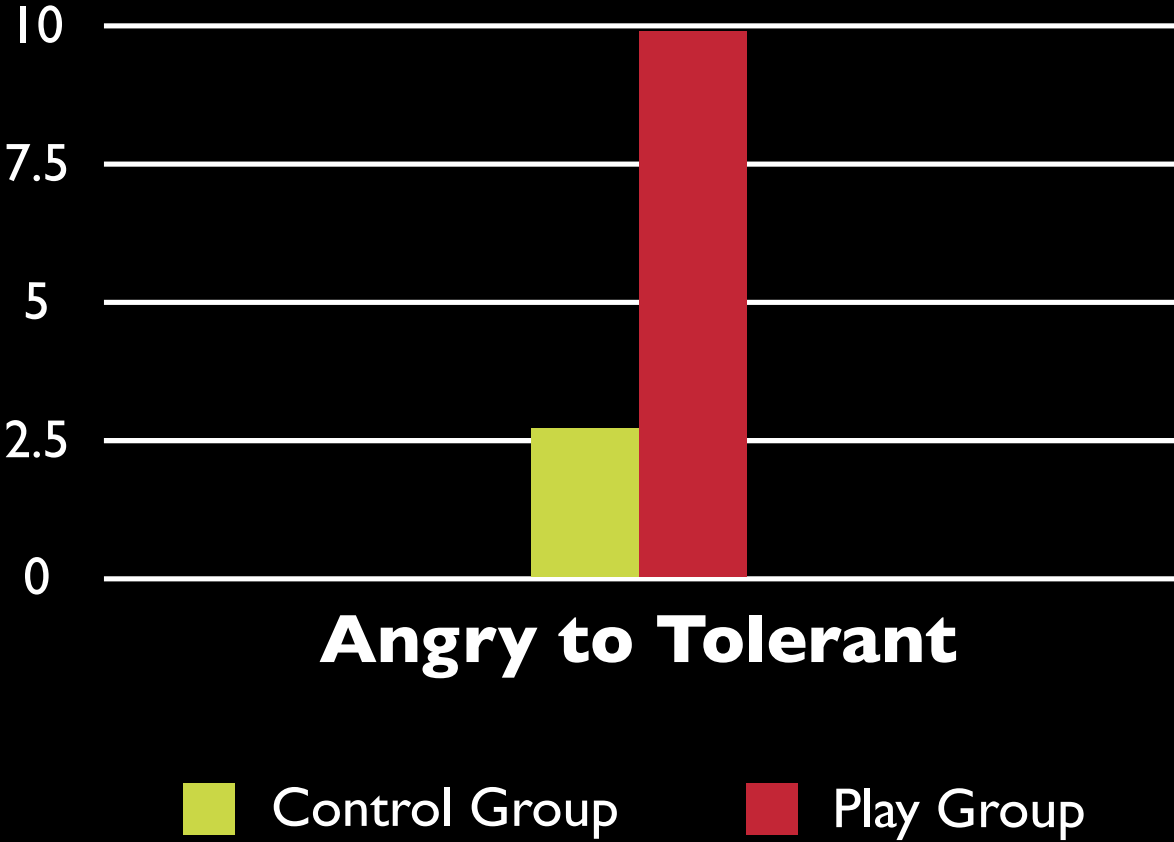
SCBE Improvement Scores

MSU Post-Katrina Psychosocial



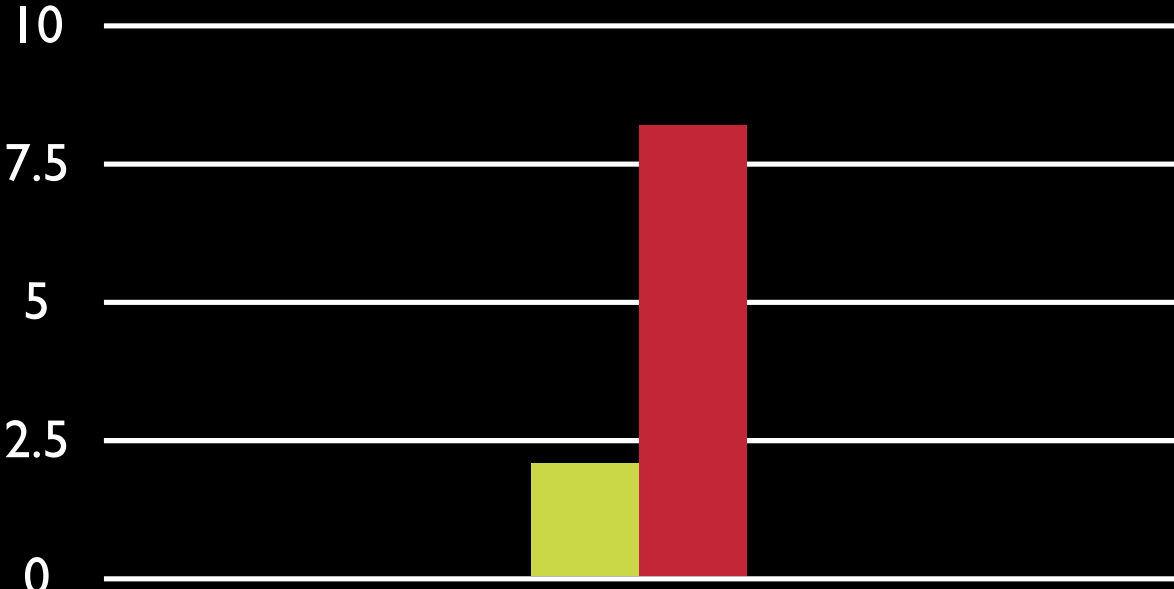
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Depressive to Joyful

 Control Group  Play Group