

PLAY

Rights, Realities and Global Perspectives.

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What do
lust and play
have in common?

A photograph of two young boys in school uniforms (light blue shirts) smiling and posing in a schoolyard. The boy on the left is making a peace sign, and the boy on the right has his arms crossed. They are standing in front of a school building with green walls and yellow pillars. The background is slightly blurred, showing trees and a clear sky. A large blue circle is overlaid on the left side of the image, and a large orange circle is overlaid on the bottom right corner.

What can be
achieved
in 30 minutes?

A green circular logo with the word "play" in white lowercase letters and "AUSTRALIA" in white uppercase letters below it.

play
AUSTRALIA





“Primal emotions emerge from the deep ancient brain structures not from the cerebral cortex which is associated with thinking and planning in humans.”

Dr Jaak Panksepp

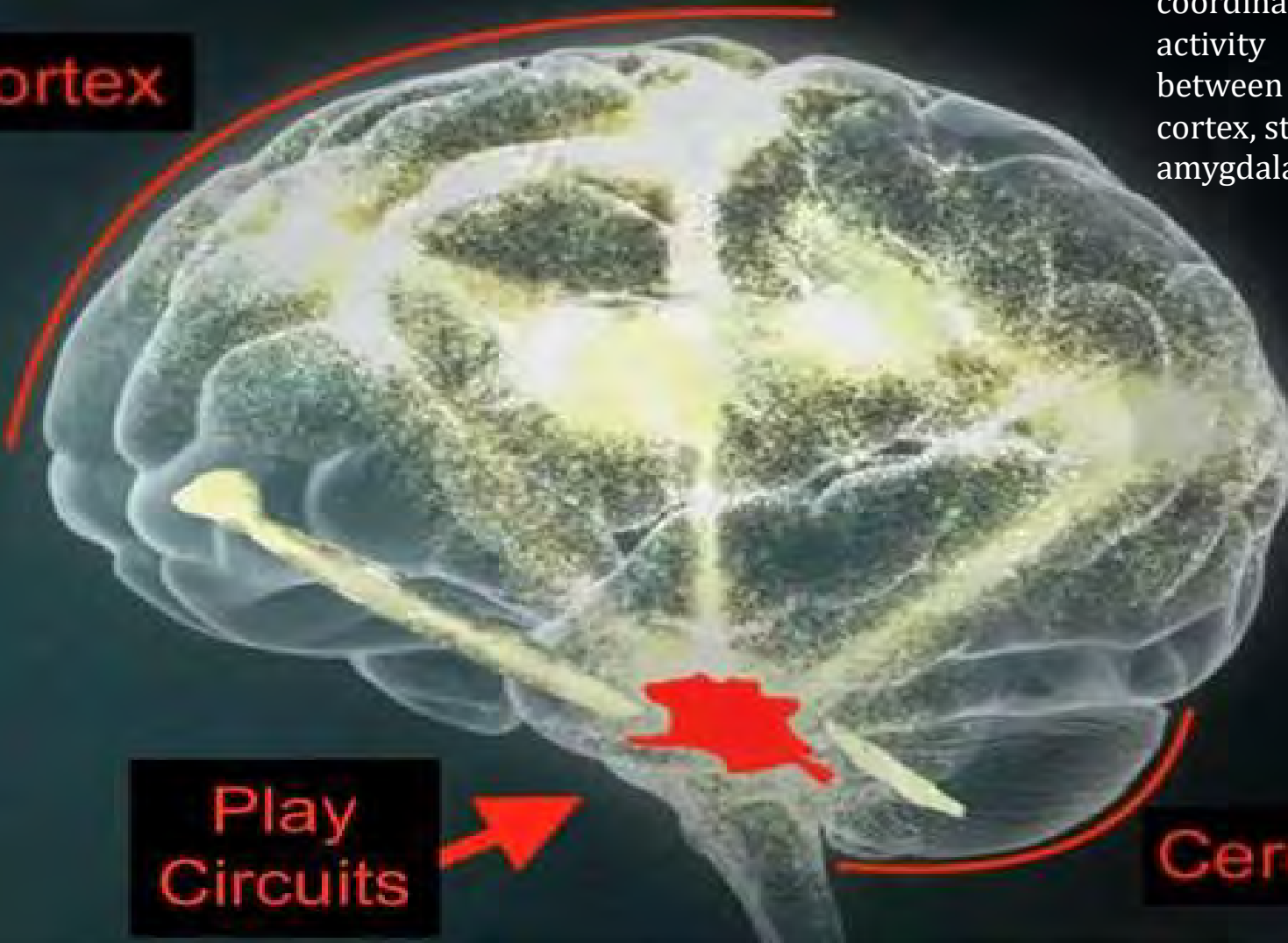


Cortex

...during play there is coordination of neural activity between frontal cortex, striatum, and amygdala.

Play
Circuits

Cerebellum

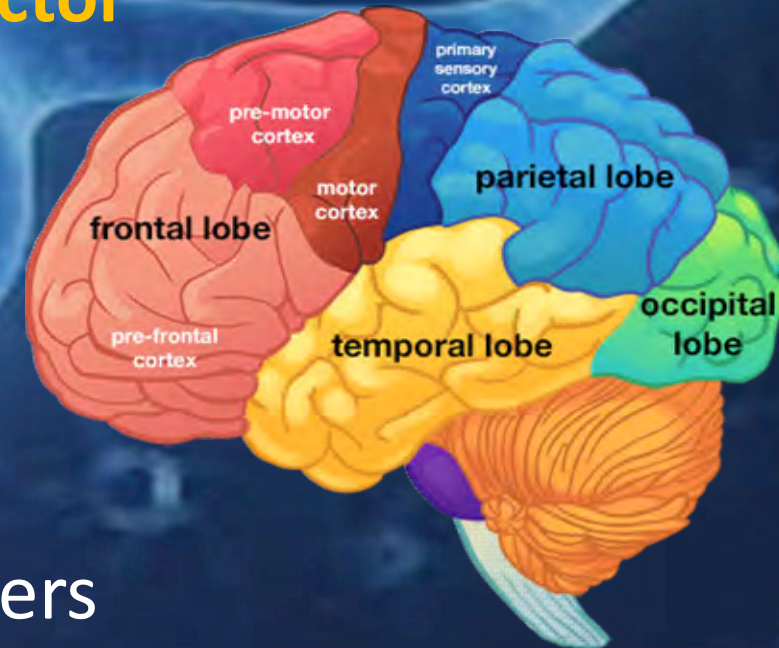


The power of 30 minutes....

Brain Derived Neurotrophic Factor

Neurons
... 100 billion

Neurotransmitters



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More than a human right...



“

- “An acknowledged principle is that article 31 should be upheld through supporting the conditions in which play can take place.”

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How do we create
environments
where play
thrives?





The Play Spectrum





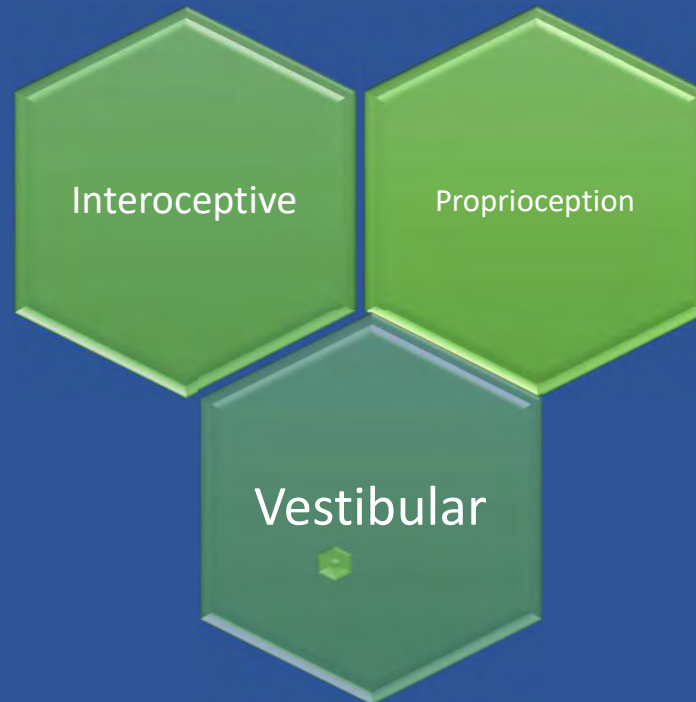
PLAYFULNESS



Prepare a
sensory play
feast...

6, 7, 8...

The **interoceptive system** is comprised of internal sensors tell us how our internal organs are feeling. Temperature, Hunger, thirst, and urge to urinate/defaecate are all controlled by our interoceptive sensory system.



The **proprioceptive system** is located in our muscles and joints. It gives us a sense of body awareness and allows us to detect force and pressure. It is triggered when we exert force such as pushing, pulling or jumping.

The **Vestibular system** is located in the inner ear and plays a crucial role on maintaining balance, co-ordinating movement and understanding spatial orientation.



*“The nature of the play space is
as important as the behaviour it
serves to facilitate.”*

Bob Hughes



A A global shift in perspective...

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"The idea of risky play may seem new and surprising, but there's a lot of literature on it, "It is already accepted in many countries, especially Nordic countries like Finland. Children in those countries are not getting more severe injuries. It's just a different way of thinking about play."

Dr Emilie Beulieu, Paediatrician, Lead Author on CPS Position statement on risky play.

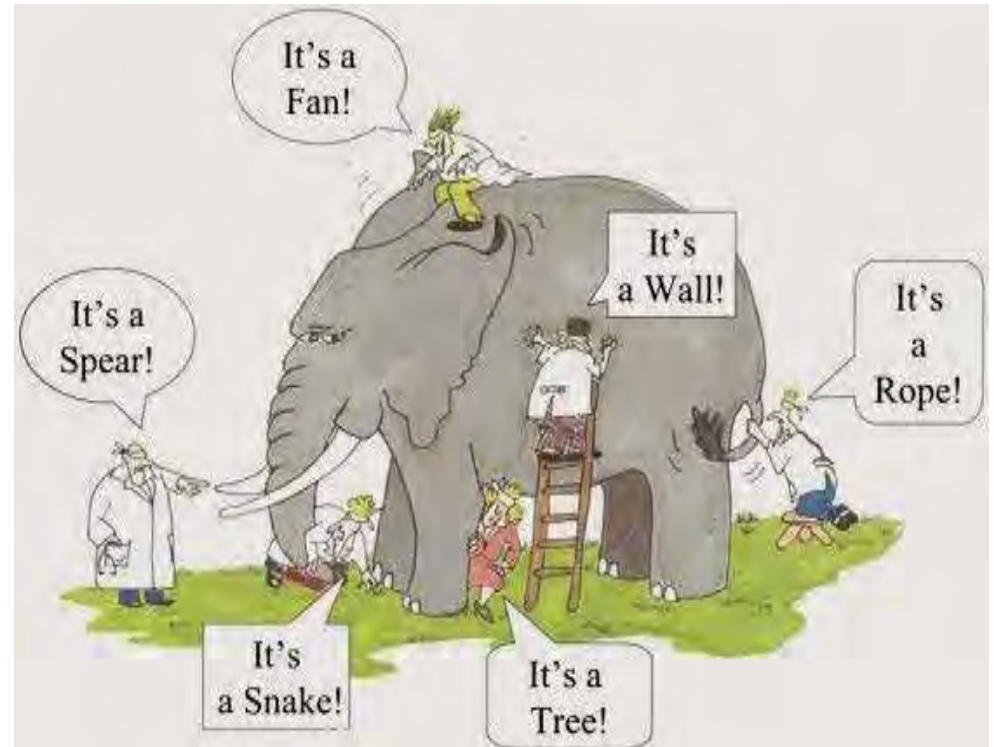
A growing movement...

Canadian Pediatric Society

UK Benefit Risk Play Safety statement

Australian Position Statement, launching
June 24 2025

What next...





**INTERNATIONAL
DAY OF PLAY**

JUNE 11 2025




The role of advocacy.

“All advocacy, is at its core, an
exercise in empathy.”

Samantha Power





If we are serious about the health
and wellbeing of our children
we need to address the biological
need for play.

Play is nutrition for the soul, like
food is nutrition for the body.
We cannot be deprived of either if
we want to raise happy, healthy
children.

Robyn Monro Miller AM

WWW.PLAY AUSTRALIA.ORG.AU





Proudly promoting the value of Play and
supporting all Australians to Play every day