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Well Played: The Ultimate Guide to Awakening Your Family's Playful Spirit (Paperback)

By Meredith Sinclair

HarperCollins Publishers Inc, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. From Today Show contributor, Meredith Sinclair, comes this ultimate resource for awakening your playful spirit, jumpstarting your relationships, and upping your happiness quotient. In our age of digital addiction, many of us have lost our ability to be spontaneous. More parents are complaining that they no longer even remember how to play with their children, their spouse, and even with their own friends. Don't fret! In Well Played, expert Meredith Sinclair helps families relearn what used to come naturally and shows how to find happiness through play. For children, playing comes naturally or at least it used to. But today that kind of easy-going fun is harder to come by, for both kids and their parents. With hectic lifestyles and constant technology overload, families have simply forgotten how to play. The solution? Relearn how to integrate fun and creative play into our day-to-day lives. Well Played will show you how to simplify your overscheduled lives with plenty of original and entertaining ideas, including: Why a disco ball is an essential kitchen appliance Lip Sync Battle, family edition Parent-child slumber parties. don't forget the popcorn! Party like...



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