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Nota di contenuto	Cover -- Half Title -- Title Page -- Copyright Page -- Dedication Page -- Contents -- List of figures -- List of tables -- List of boxes -- Foreword -- Acknowledgments -- Introduction -- 1 Play for health: a journey for life -- 2 Tell me a story -- 3 Infancy and the early years -- 4 The school years -- 5 Adolescence -- 6 Early adulthood -- 7 The middle years -- 8 Elderhood -- 9 The end of life -- Index.
Sommario/riassunto	Play for Health Across the Lifespan uses case studies to explore the impact of play and creativity on health and wellbeing throughout the lifecycle. While play at the start of life influences future development, the authors show play also has a role in improving prospects for health and wellbeing in adulthood and later life. A relational approach to health and wellbeing emphasizes the dynamic, mutually influential relationship between individual development and the changing contexts of our lives. Our personal play history is one feature of this dynamic process, and this book explores how the experience of play throughout the life course sculpts and resculpts the shape of our lives: our physical health, our mental wellbeing, and our relationship to the people and the world around us. Storytelling has been used since the

beginning of time to communicate important life lessons in an engaging way. Taking inspiration from Shakespeare's *Seven Ages of Man*, the book uses a case-story approach to differentiate the stages of development and to present evidence for how play and playful experiences impact on health and wellbeing from birth to the end of life in the context of temporal and situational change. Each chapter in *Play for Health Across the Lifespan* introduces relevant evidence-based research on play and health, before presenting several narrative case stories', which illustrate the application of play theory and the neuroscience of play as they relate to each life stage. With contributions from specialists in health and education, community organizations and the creative and performing arts, this book will appeal to academics, students, and practitioners who are interested in exploring the role of play in addressing contemporary challenges to our physical, mental, and social health.
