

# Building Playful and Connected Communities

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South Coast Child Wellbeing Network Conference, September 2025

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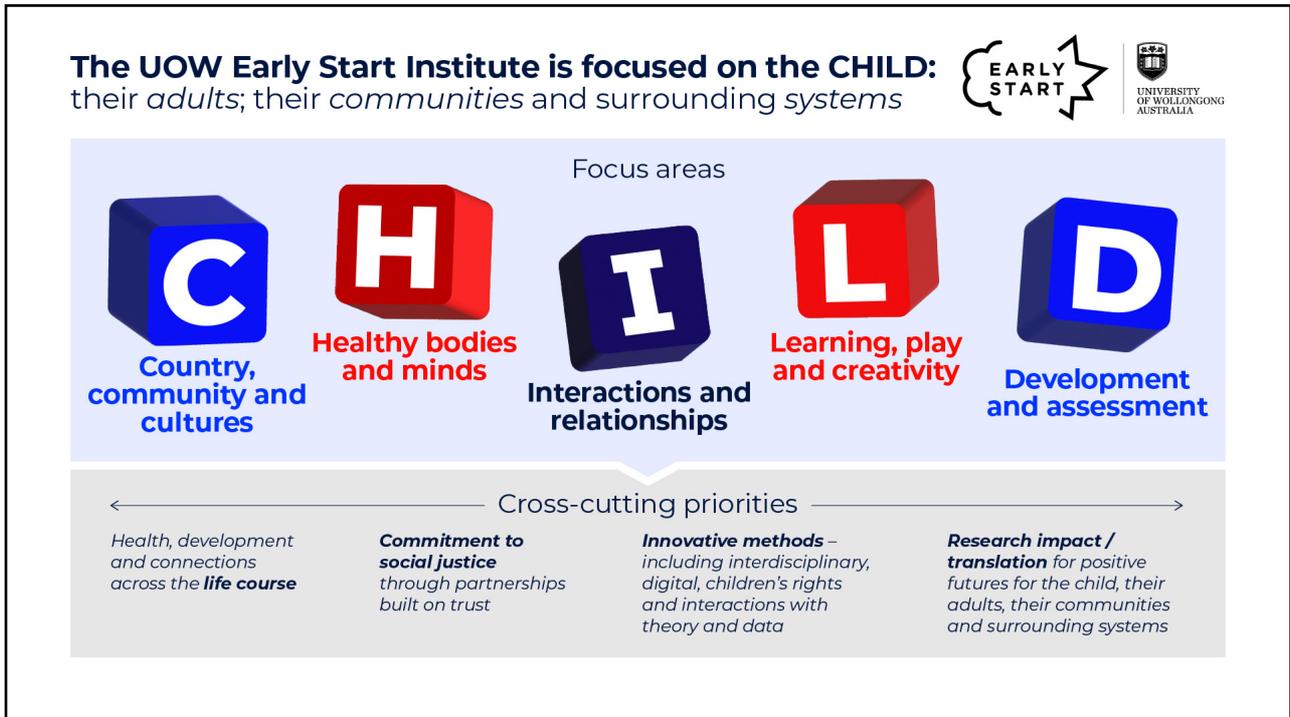
## EARLY START INSTITUTE

A place where research,  
education and community  
come together for the benefit  
of all children.

Building playful and connected communities!



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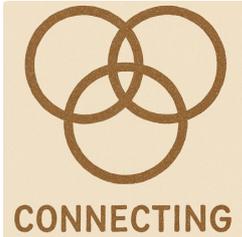
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# Defining “play”

1. Self-chosen and self-directed
2. Intrinsically motivated - done for its own sake, not for a reward
3. Mental rules, but room for creativity
4. Imaginative – beyond the here and now
5. Play is alert and active, but not in a stressed frame of mind

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# Pillars of wellbeing enabled through play



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# Pillars of wellbeing for playful and connected communities



Invite meaningful contributions



Encourage mindfulness and time in nature



Honor cultural protocols and stewardship



Provide access to resources



Facilitate playful learning experiences



Embed movement into activities



Co-create resources and celebrate generosity



Create spaces for sharing stories, games, and creative projects

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