

The Rhythm of Life

1. In an average week, how many hours do people in your culture devote to working? How much vacation time does a typical family take per year?
2. For some people, their identity and worth comes from their ability to produce and be effective at work. How can a break from work encourage and restore an area of your identity/worth? What are some of the things you do when you are not at work?
3. “The opposite of play is not work--the opposite of play is depression.” (Stuart Brown, 2009, page 126) Do you think this is a true statement? Why or why not?
- 4 The painting on the other side is titled, “The Young Amphibians.” What kinds of things do you do for enjoyment, for no other reason than the pleasure gained from the activity? Draw or do a charade of what brings you joy in play.

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Joaquín Sorolla. The Young Amphibians, c. 1903. Oil on canvas, 96.2 x 130.5 cm.
Philadelphia Museum of Art, Philadelphia, Pennsylvania



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