

Why we need to play

Human beings are not the only creatures that like to **(0)** fun. Many animals play, as do some birds. However, no other creatures spend so much time enjoying themselves as human beings do. Indeed, we **(1)** onto our sense of fun right into adulthood.

So why do human beings spend so much time playing? One reason is that we have time for leisure; animals have very little time to play as most of their life is spent sleeping and **(2)** food.

So, is play just an opportunity for us to **(3)** enjoyable activities or does it have a more important **(4)**? According to scientists, **(5)** from being fun, play has several very real **(6)** for us – it helps our physical, intellectual and social development. It also helps to **(7)** us for what we have not yet experienced. With very **(8)** risk, we can act out what we would do in unexpected, or even dangerous, situations.

Home and abroad

After a short time living in a foreign country, I noticed conversations with locals assumed a **(0)** pattern. There were standard answers to the usual questions. Most questions caused little **(1)** – it was rather like dancing, where both partners know how to avoid **(2)** on each other's toes.

But, 'When are you going home?' was a question I **(3)** to answer, whenever I **(4)** my life and the direction it seemed to be **(5)** In the last ten years, I had lived in a dozen countries. And I had travelled through dozens more; usually in **(6)** of a purpose or a person; occasionally to see the attractions.

This kind of travel is not **(7)** wandering, but is the extensive exploration of a wide **(8)** of cultures. However, it doesn't allow you to put down roots. At the back of your mind, though is the idea of home, the place you came from.