

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.