Thank You School Nutrition Industry
Get your Playbooks ready!

@drshimikang  
@dolphinkids_
The power of *PLAY*!

“Look deep into nature and then you will understand everything better”

-Albert Einstein
simple is not easy
knowing is not doing
doing leads to being

@drshimikang
@dolphinkids_
simple is not easy
knowing is not doing
doing leads to being
We humans are in trouble.
“Stress is the #1 health epidemic of the 21st century.”

- World Health Organization
Interacts -> Choices

↑↓

Reacts -> Freeze Fight Flight
Freeze  
Fight  
Flight  

Adrenal  
Cortisol  
Inflammatory Cytokines
Not so optimal...
Laughter – An Elixir

Release endorphins

Stimulates the immune system

Increase brain oxygen

Alter neurochemicals
- reduce stress hormone
- release neural growth factors
Why so much stress?
Success!
What are the 2 ingredients for lasting success that play provide?
Adaptability

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Diversity of Species
Key future-ready skills

Communication
Collaboration
Critical Thinking
Creative Thinking
Contribution

CQ = Innovation

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Reflection

- Communication
- Collaboration
- Critical Thinking
- Creative Thinking
- Contribution

CQ = Innovation

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Innovation = Neuroplasticity
Growth vs. Survival

Parasympathetic

Sympathetic
Endorphin

Downtime

FOR: Humans
DATE: NOW!

REPEAT: YES

PHYSICIAN'S NAME: Dr. Shimi Kang

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Downtime: Vitality

Nature

Contemplation/Reflection

Mindfulness

Gratitude
Oxytocin

The image on the left appears to be a prescription pad with the name Dr. Shimi Kang. The text on the pad reads: "FOR: Humans DATE: NOW!" and "PHYSICIAN'S NAME: Dr. Shimi Kang." The text "Others" is also visible on the pad, indicating that the prescription can be used for others.

The image on the right shows a person holding a blue globe, possibly symbolizing the global importance of oxytocin or its role in human connection and emotion.
Dolphin Connection

Collaborative

Authoritarian

Permissive

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Stages of Change

- Pre-Contemplation
- Contemplation
- Determination/Preparation
- Action
- Maintenance

- No; Denial
- Maybe; Ambivalence
- Yes, Let's Go; Motivated
- Doing It; Go
- Living It

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Reflection:

Authoritarian

Collaborative

Permissive

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Serotonin
Play Mindset

Try new and different ways. Disregard outcome or evaluation.

Physician’s Name: Dr. Shimi Kang

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Play – Creation

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Play Types

- Object
- Social
- Body Movement
- Celebratory
- Storytelling
- Rough & Tumble
- Imaginative

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Object play
Body Movement Play
Celebratory Play
Storytelling Play
Rough & Tumble Play
Imaginary Play
Play personalities

Storyteller
Collector
Explorer
Joker
Artist/ Creator
Director
Competitor
Mover
FOR:  All Humans
DATE:  NOW!

Rx

Play

Let go of perfectionism ✓ Critical Thinking ✓
Mistakes ✓ Innovate ✓
Trial and Error ✓ CQ ✓

REPEAT:  NO ☐ YES ☑ QTY.

PHYSICIAN'S NAME: Dr. Shimi Kang
PLAY = awesome life!
The Life Diet

Cortisol
- Stress
  - Sleep deprivation
  - Loneliness
  - Lack of fulfillment

Adrenaline
- Stress

Dopamine
- Pleasure
  - Hunting
  - Gathering
  - Bonding

Endorphin
- Happiness
  - Downtime

Oxytocin
- Happiness
  - Others

Serotonin
- Happiness
  - Play

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CQ Skills -> *Interact*

P.O.D. ↑↑

Stress -> Freeze Fight Flight-> *React*
FOR: All Humans
DATE: NOW!

Rx

Be a human.

REPEAT: NO [ ] YES [ ]

PHYSICIAN: Dr. Shimi Kang
With gratitude

LIVE WEBINAR
with Dr. Shimi Kang

LIVE ON Instagram 18 October, 7 PM

www.drshimikang.com
www.dolphinkids.ca

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