

## Lesson 22: Playing

Hi! Welcome to the Article Discussion lesson!

Today's topic is about "**Playing.**"

Have fun in learning English!

### Activity 1 | Vocabulary and Expressions

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**Directions:** Listen and repeat.

#### Vocabulary

- **intrinsic** - of or relating to the essential nature of a thing; inherent
- **high-functioning** - has higher understanding to human beings
- **reflex** - an action or a movement of your body that happens naturally in response to something;  
something that you do without thinking
- **opt for** - to choose; to decide
- **stimulate** - to excite or invigorate

## Activity 2 | Article

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**Directions:** Read the article aloud with your teacher.

### Playing

Playing in psychology is a game which is a series of voluntary activities, with intrinsic motivation normally associated with pleasure and recreational enjoyment. The game is most commonly associated with children and their activities at the youth level, but the game can also be a useful activity for adults and occurs among other high-functioning animals as well.

Playing is very important for children. It is one of the most essential stages for children as they grow up. This activity gives children the chance to exercise their physical bodies and reflex, at the same time it also expands their memory and mental ability. It is more advisable for kids to play with others rather than playing alone with toys. Interacting with other kids and getting acquainted with them is also a part of children's social development.

Adults also do give time to play but the tougher and smarter games. Playing different sports games is the most common and popular for adults. Getting active with athletic games keeps the body fit and gives a high endurance as well. Most adults who are not physically active opt for mind stimulating games. Most of the youth engage in playing digital games as a mean of entertainment. For people who have love for animals, they do play with their pets like dogs, cats, hedgehogs, etc.

### Activity 3 | Question and Answer

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**Directions:** Answer these questions about the article.

1. What is playing?
2. Why is it more advisable for kids to play with others rather than playing alone?
3. What kind of games do most of youth engage in?

### Activity 4 | Summary

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**Directions:** Make a summary of this article, focusing on the main topic. After that, your teacher will give you an example of the summary.

## Activity 5 | Thoughts

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**Directions:** Exchanging thoughts about this article. Give your opinion about the article first, and your teacher will give his/her opinion next.

## Activity 6 | Free Conversation

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**Directions:** Answer these questions related to the topic of the article. Have a free conversation about it with your teacher.

1. Have you had good time playing while you were a child?
2. What do you usually like to play? With whom?
3. Do you still play now that you're a grown up?
4. Do you play sports?
5. Do you like playing with pets?