

# 25 Ways to Play in InterPlay's 25th Year

1. Video 30 seconds of **following and leading** in your school or workplace!
2. **Hashtag** all things InterPlay with **#interplay25** and use it to find other celebrations and celebrators.
3. Start a **Story Chain** to honor playful leading in your area.
4. **Dance on behalf** of anything that's hard to talk about. Consider it prayer.
5. Walk/Stop/Run **on the street** as a meditation.
6. Put up your hand: **bless someone** through space.
7. Take part in an **InterPlay stunt** in an iconic location and videotape it on your smart phone (horizontally!) Send to Agnotti@gmail.com to be shared on Facebook on the 25th of each month.
8. **Speak in a made-up language** when a telemarketer calls.
9. Post a pic with your **flaps up** on the InterPlay FB page.
10. **InterPlay with another species.** Post on Facebook.
11. Attend a **Wing It! performance** or plan your own performance celebration.
12. Lead InterPlay at your **favoritest place on Earth.**
13. Join the **Wing Project.** Make paper feathers and write how InterPlay gives you wings. Mail to InterPlayce— 2273 Telegraph, Oakland, CA 94612.
14. **Collage or paint** on behalf of InterPlay. Post on the InterPlay FB page.
15. Love your body. **Use the InterPlay warm-up** before meditating, exercising, working or doing the dishes.
16. **Nominate famous people** who could really use some InterPlay or who behave in InterPlayish ways.
17. Stand up and **shake out what you're sitting on.** We're all sitting too much!
18. When you bump into someone on the street or the train or the bus, say **"thank you!"**
19. Take a **deep breath** and let it out with a **sigh** in public.
20. **Sing fake Italian opera** to protest something that needs to change.
21. Get two or more people to do an InterPlay **"wheeee"** in a stressful moment.
22. **Blog** about InterPlay. **Link** to the Facebook Page.
23. Use your power of attraction. Say, **"InterPlay rocks my world.** Alas, since it's hard to describe it, **come play** if you want to know how and why."
24. **Affirm someone** magical, graceful, expressive, kind or true.
25. **Add your own ideas** or cook up some with an InterPlay conspirator.



**Happy Anniversary InterPlay!! #interplay25**