

SOURCES

Play Book: Creating Writers, Creating Citizens **By Mary Collins**

Openings

(mental health crisis among college students) Multi-year special series by The Chronicle of Higher Education, 2020 to 2022, (https://www.chronicle.com/events/virtual/the-mental-health-crisis-on-campus?cid2=gen_login_refresh&cid=gen_sign_in); major series in New York Times—sample article: “Another Surge in the Virus has Colleges Fearing a Mental Health Crisis,” December 22, 2021, NYT, Anemona Hartocollis

Taste

<https://milkhousechocolates.net/> (in-person visit summer 2021)

“Super-Tasters and Non-Tasters: Is it Better to Be Average?”

By Guy Crosby, PhD, *The Nutrition Source*, Harvard T.H. Chan School of Public Health, 2016

“Super-Taster Who Lost Sense of Smell is Helping Italians Regain It,” by Emma Bubola, *New York Times*, August 20, 2021

<https://www.latinofoodie.com/recipes/capirotada-recipe/>

(Mexican bread pudding like recipe)

Touch

<https://www.azlyrics.com/lyrics/bobseger/nightmoves.html>

<https://www.eia.gov/todayinenergy/detail.php?id=36692>

<https://www.nytimes.com/2019/07/03/style/air-conditioning-obsession.html>

Bike

(decline in walking and biking to school)

http://guide.saferoutesinfo.org/introduction/the_decline_of_walking_and_bicycling.cfm

(famous article outlining roaming patterns for five generations of one family in Sheffield England)

<https://www.dailymail.co.uk/news/article-462091/How-children-lost-right-roam-generations.html>

<https://www.care.com/c/stories/3239/when-can-my-child-walk-to-school-alone/en-gb/>

(one-ninth of range study) https://www.huffpost.com/entry/how-far-children-can-wander_b_1704366

(NYT article on Pandemic impact on college students) “College Students Are Not OK,” NYT, by Jonathan Malesic, May 15, 2022

Snow Days

(benefits of spontaneous breaks) (<https://www.edutopia.org/article/research-tested-benefits-breaks> and

https://greatergood.berkeley.edu/article/item/why_you_should_take_more_time_off_from_work

(alpha waves science)

<https://www.medicalnewstoday.com/articles/323956#:~:text=Scientists%E2%80%99%20attempts%20at%20deciphering%20the%20neurological%20processes%20that,closes%20their%20eyes%2C%20alpha%20wave%20activity%20is%20higher.>

Balls

Kaminaljuyu (Mesoamerica)

Cuju (China 1300 AD)

Shinty (Scotland)

Marn Grook and Woggabaliri (Australia Aborigines)

Pelota pure pecha (Mexico)

Episkyros (Mediterranean)

(earliest rubber ball game) <https://aztlanddevelopment.com/aztec-ullamalitzli-the-ultimate-ancient-ball-game/>

(general article on history of games and balls) <https://healthahoy.com/explore-history/history-of-ball-sports/#:~:text=The%20history%20of%20ball%20sports%20extends%20across%20countless,in%20ancient%20sports%20like%20the%20Mesoamerican%20ball%20game.>

(rubber ball history) <https://ecoworldonline.com/latex-vs-rubber-is-it-the-same-thing/#:~:text=Rubber%20and%20latex%20are%20not%20the%20same%20thing%2C,the%20production%20processes%20of%20how%20is%20rubber%20made.>

https://en.wikipedia.org/wiki/Mesoamerican_rubber_balls

(participation rates for children in US) <https://www.aspenprojectplay.org/youth-sports-facts/participation-rates>

Sneakers

(Vivo Barefoot brand) <http://www.terraplana.com/vivobarefoot.php?osCsid=05gr889n0d9409plchvk8krho1>

(includes history of sneakers)
<https://runblogger.com/2011/01/proper-shoes-for-kids-thoughts-from.html>

(includes history of sneakers)
<https://www.nytimes.com/2006/04/13/fashion/thursdaystyles/its-gotta-be-the-shoes.html?referringSource=articleShare>
<https://241sports.com/>

(total revenue in sports apparel)
<https://www.statista.com/statistics/254489/total-revenue-of-the-global-sports-apparel-market/>

Green Companions

(youth leaving CT at record rates)
<https://www.fox61.com/article/news/local/outreach/awareness-months/survey-nearly-half-of-ct-residents-plan-to-leave-the-state/520-1c2b2089-57bc-46c3-be95-64e6614e9b25>

Note: Atlas Van Lines Studies over the years show CT one of the top losers of population, especially the young, but COVID-19 resulted in an unusual year with New Yorkers moving into CT and the state gaining population, but over the last decade, youth have not stayed.

(more moving pattern research) <https://www.forbes.com/sites/brendarichardson/2020/01/06/the-states-that-residents-are-leaving-and-the-ones-they-are-moving-to/?sh=183303533866>

<https://apnews.com/article/894d23f70a3d4d2ea72c7e712602ebf5>

Crabby Vacation

General research on roaming and playing patterns among children

https://www.srs.fs.usda.gov/pubs/ja/2011/ja_2011_larson_001.pdf

<https://mominformed.com/what-age-can-a-child-play-outside-unsupervised/#:~:text=If%20your%20backyard%20is%20fenced%20in%2C%20children%20around,as%20they%20might%20have%20difficulty%20following%20invisible%20boundaries.>

<https://scienceblogs.com/principles/2009/01/27/how-far-did-you-roam-as-a-child>

<https://www.dailymail.co.uk/news/article-462091/How-children-lost-right-roam-generations.html>

(UK but basic point old news: lack of contact with nature means later in life don't gain benefit of it to help you de-stress)

<http://richardlou.com/>

Last child in the woods stuff...Green Hour program etc.

Whistle

(3 out 4 kids in organized sports) Aspen Institute
(300,000 girls in organized HS sports in 1974 vs. more than 3 million now)

[http://users.nber.org/~bstevens/papers/Title%20IX%20and%20the%20Evolution%20of%20High%20School%20Sports%20\(old\).pdf](http://users.nber.org/~bstevens/papers/Title%20IX%20and%20the%20Evolution%20of%20High%20School%20Sports%20(old).pdf)

(lack of access Civil Rights issue)

https://activelivingresearch.org/sites/activelivingresearch.org/files/Synthesis_Taylor-Lou_Disparities_Nov2011_0.pdf

(referees last less than 2 years on average) <https://www.today.com/parents/youth-sports-referees-across-us-are-quitting-because-abusive-parents-t126087>
Scott Stump, Today, March 29, 2018 from National Federation of State High School Associations)

POST-IT NOTES

(history of Post-It)

<https://www.stik2it.com/blog/the-history-of-postit-notes-the-accidents-that-led-to-the-invention-of-the-sticky-note-infographic/#:~:text=The%20story%20of%20the%20Post-it%20Note%20starts%20in,be%20removed%20easily%20without%20leaving%20behind%20a%20residue.>

(ratio of children's time on devices) <https://www.bostonglobe.com/lifestyle/2017/10/19/young-children-spending-more-time-mobile-devices/UGON3pXcj77Dr9GrZcR14L/story.html#:~:text=The%20increase%20in%20the%20use%20of%20mobile%20devices,percent%20in%202011%20to%2098%20percent%20in%202017.>

(ratio of children's time on devices and impact)

<https://www.psychologytoday.com/files/attachments/1195/ajp-decline-play-published.pdf#:~:text=Over%20the%20past%20half%20century%2C%20in%20the%20United,helplessness%3B%20free%20play%3B%20narcissism%3B%20psychopathology%20in%20children%3B%20suicide>

(age of petrified wood)

<https://www.nps.gov/pefo/learn/nature/petrified-wood.htm>

FLOW

https://www.ted.com/talks/mihaly_csikszentmihalyi_flow_the_secret_to_happiness?language=en

<https://writingcooperative.com/10-legendary-writers-their-daily-word-counts-692c56cb97a5> (words per day that some major writers manage to produce)

(Hours at Traffic Lights) American Automobile Association as cited in "This Much of Your Life Waiting at Red Lights," by Sarah Crow, Yahoo!Finance, Sept. 19, 2018

MYOPIA

<https://www.usatoday.com/story/news/health/2021/11/01/covid-screen-time-among-teens-doubles-during-pandemic-study-finds/6230769001/> citing study in JAMA Pediatrics

<https://www.wbur.org/onpoint/2021/10/06/brain-behavior-and-authoritarianism-the-forces-that-drive-people-to-turn-on-democracy>

<https://news.yale.edu/2019/10/21/one-yale-historian-two-nyt-best-sellers>

"Why It's So Hard to Pay Attention," by Daniel Levitin, Fast Company Magazine, September 23, 2015
<https://www.fastcompany.com/3051417/why-its-so-hard-to-pay-attention-explained-by-science>

"Digital Screen Time During COVID-19 Pandemic: Risk of Further Myopia Boom?" NCBI, Chee Wai Wong et al., March 2022

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7390728/>

[*On Tyranny Graphic Edition: Twenty Lessons from the 20th Century*, author Timothy Snyder, illustrator Nora Krug, Ten Speed Press, 2021](#)

[*Belonging: A German Reckons with History and Home*, by Nora Krug, Scribner, 2018](#)

For additional research on many issues raised in this book, see my other nonfiction titles:

Essential Daughter: Changing Expectations for Girls at Home (Praeger): chores

American Idle: A Journey Through Our Sedentary Culture (Capitol Books): play and movement patterns for American children; impact of decline in exercise and general movement