

词汇: *play* 玩耍

We all know children love to play with **toys**. But as they approach **adulthood**, they stop being playful and concentrate on grown-up things – or so we believe. However, in recent times at least, adults are revisiting their **childhood** and buying toys for themselves – and they've been given the nickname '**kidults**'.

There are many reasons for the rise of the kidult, but it's certainly big business. In the USA for example, the Toy Association says that over half of adults bought toys and games for themselves last year. **Nostalgia** is part of the reason: people want to relive their childhood and now have the disposable income to do so. **Puzzles** and **board games** are traditional toys that can be enjoyed at any age.

But there's more to being a **big kid** than just taking a **trip down memory lane**. People have more time to **let their hair down** and play. **Hobbies** such as **modelling** and **construction** with plastic bricks can help people develop skills into adulthood. And they allow people to switch off and relax. In fact, Frederique Tutt, global industry analyst at NPD, told the BBC: "I'd say much of this is providing an escape from the stresses and strains of modern-day living, fulfilling our need to find **downtime**."

Some people are even finding comfort and **camaraderie** by playing with others. Although competing with others through **video gaming** might be nothing new, others are coming together to build **train sets** or sophisticated models. In Brighton in the UK, for example, Brighton Bricks is a club where adult fans of the toy Lego meet up every month to talk, play and swap **collections**.

But those who think playing with toys is childish and **immature** should take note of the research by René Proyer, professor of psychology at Martin Luther University Halle-Wittenberg in Germany. It suggests that adults who demonstrate more **playful** personality traits are more motivated, creative and **spontaneous**. So, it seems life shouldn't be **all work and no play**, and maybe we should take play more seriously!

## 词汇表

<b>toy</b>	玩具
<b>adulthood</b>	成年
<b>childhood</b>	童年
<b>kidult</b>	童心未泯的成年人，大小孩
<b>nostalgia</b>	怀旧
<b>puzzle</b>	智力游戏，谜
<b>board game</b>	棋盘游戏或玩具
<b>big kid</b>	大孩子
<b>a trip down memory lane</b>	追忆往昔
<b>let someone's hair down</b>	某人彻底放松、尽情享受
<b>hobby</b>	业余爱好
<b>modelling</b>	制作模型（玩具车、装饰摆件等）
<b>construction</b>	组装物体（积木套装等）
<b>downtime</b>	休息时间
<b>camaraderie</b>	友情
<b>video gaming</b>	玩电子游戏
<b>train set</b>	成套火车（玩具）
<b>collection</b>	收藏品
<b>immature</b>	不成熟的，幼稚的
<b>playful</b>	爱玩的，有趣的
<b>spontaneous</b>	随性的
<b>all work and no play</b>	只工作不放松

## 测验与练习

### 1. 阅读课文并回答问题。

1. What are the reasons mentioned in the article that adults are buying more toys for themselves?
2. How might playing with toys as an adult help you?
3. What might be the benefits of playing with other adults?
4. True or false? *Research by René Proyer suggests that being playful makes you more creative.*
5. Is there an age limit to enjoying puzzles and board games?

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. My \_\_\_\_\_ include painting, acting and singing.

collections	puzzles	hobbies	downtime
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2. You need to \_\_\_\_\_ and come to the party. It'll be fun!

let your hair drop	let my hair down
let your hairs down	let your hair down

3. He's such a \_\_\_\_\_ – he still takes his teddy bear to bed at night!

immature	childhood	spontaneous	big kid
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4. When I get some \_\_\_\_\_, I like to have a go at doing a jigsaw puzzle.

collections	downtime	nostalgia	construction
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5. Shall we \_\_\_\_\_ and get out the old dolls you used to play with out of the cupboard?

take a trip down memory lane	take a voyage down memory lane
take a trip up memory lane	have journeys down memory lane

答案

1. 阅读课文并回答问题。

1. What are the reasons mentioned in the article that adults are buying more toys for themselves?

**Many adults have more disposable income and more leisure time.**

2. How might playing with toys as an adult help you?

**It helps you to develop new skills and relax and switch off. And as Frederique Tutt said, it can provide an escape from the stresses and strains of modern-day living.**

3. What might be the benefits of playing with other adults?

**Playing with others can give you comfort and camaraderie.**

4. True or false? *Research by René Proyer suggests that being playful makes you more creative.*

**True. Her research suggests that adults who demonstrate more playful personality traits are more motivated, creative and spontaneous.**

5. Is there an age limit to enjoying puzzles and board games?

**No. Puzzles and board games are traditional toys that can be enjoyed at any age.**

2. 选择意思恰当的单词或词组来完成下列句子。

1. My **hobbies** include painting, acting and singing.

2. You need to **let your hair down** and come to the party. It'll be fun!

3. He's such a **big kid** – he still takes his teddy bear to bed at night!

4. When I get some **downtime**, I like to have a go at doing a jigsaw puzzle.

5. Shall we **take a trip down memory lane** and get out the old dolls you used to play with out of the cupboard?