

12 TYPES OF PLAY

Play is Learning How to Relate to Others



UNOCCUPIED
Random movements with no purpose is the initial form of play.

SOLITARY
Playing alone, independently is important for children of all-ages.

ONLOOKER
Watching other children, without joining. Observation is vital play.

As children grow and develop, play evolves. Certain types of play are associated with, but not restricted to, specific ages.



COOPERATIVE
Group play with coordinated goals. Vital for team & leadership skills.

ASSOCIATIVE
Children begin to play together, but activities are not coordinated.

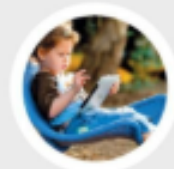
PARALLEL
Playing side-by-side, without interacting is the beginning of socialization.



CONSTRUCTIVE
Building and creating. Supports visual-spatial, fine-motor, and math skills.

PHYSICAL
Supports muscle development, healthy exercise, and coordination.

EXPRESSIVE
Expressing feelings through art, music, and writing. Vital for creativity.



COMPETITIVE
Learning about fairness, rules, and taking turns.

FANTASY
Imagining and thinking beyond their world. Creative Problem-solving.

DIGITAL
A pseudo-type of solitary play, without social interaction. Impacts social skills, like eye contact & attention.

6 Stages of Social Play

6 Categories of Play

Parents have an important role in play.

Provide interesting materials to promote exploration and learning.

Make play time a priority for your family and child.

Play with your child to model social skills and promote bonding.



Sources:

Parten, M. (1932). "Social participation among preschool children". *Journal of Abnormal and Social Psychology* 28 (3): 136-147.

Ginsburg, K. R. (2007). "The importance of play in promoting healthy child development and maintaining strong parent-child bond". *Journal of American Academy of Pediatrics*, 119 (1), 183-185.