

Learning Connections to the 12 Types of Play



Arts Play

- Independence · Self confidence
- Self esteem · Spatial awareness
- Mathematical awareness
- Creativity · Fine-motor growth



Language Play

- Sense of belonging
- Risk-taking · Oral fluency
- Vocabulary development
- Listening for understanding
- Speaking to be understood



Construction Play

- Problem solving · Perseverance
- Oral language · Teamwork
- Large- and small-motor growth
- Creativity · Ability to hypothesize
- Self-regulatory abilities

Rough and Tumble Play

- An outlet to release energy
- Self-control · Social competence
- Empathy · Taking turns
- Improved communication skills
- Regulation of attention and persistence



Risk-taking Play

- Independence · Self confidence
- Self-esteem · Spatial awareness
- Mathematical awareness
- Creativity · Fine-motor growth



Mastery Play

- Competence in doing new things
- Confidence · Independence
- Willingness to take risks
- Mindfulness



Sensory Play

- Mathematical and scientific reasoning
- Vocabulary development
- Cooperation, empathy, collaboration
- Large and small muscle control



Make-believe Play

- A sense of comfort and security
- Coping strategies
- Willingness to participate
- Creative problem solving
- Social problem solving



Rules-based Play

- A sense of comfort and security
- Confidence · Sense of belonging
- Social flexibility and adaptability
- Purposeful use of materials for learning

Symbolic Play

- Independence
- Imaginative play
- Self-motivation
- Intrinsic learning
- Creativity



Large-motor Play

- Balance · Spatial sense
- Coordination
- Muscle strength
- Physical fitness
- Willingness to participate



Small-motor Play

- Hand-eye coordination
- Visual tracking
- Control of mouth and lips to form words
- Comprehension

