




# Is your child getting their 6-a-day?

Children need a varied 'diet' of play to grow into healthy happy adults. At Earth Wrights we use 6 different play types in our designs, based on extensive research in the field of play as well as our own hands-on experience.

This worksheet can help you assess how well your children's play needs are met and develop ways to offer a balance of play opportunities.

For each play type, observe (or ask your child) the following:

- 1) Where and when do they engage in this form of play?(Place and time)
- 2) What might get in the way of them playing in this way? (Potential barriers)
- 3) How might you create opportunities to meet this play need? (Strategies)

 <p>Physical Play</p>	<p>Running, jumping, rolling, climbing – finding out what your body can do</p>
<p>Place and time</p>	
<p>Potential barriers</p>	
<p>Strategies</p>	



### Social play

Making friends, telling stories, learning about communication and relationships.

Place and time

Potential barriers

Strategies



### Imaginative Play

Playing make believe, experimenting with ideas and feelings, creating your own world.

Place and time

Potential barriers

Strategies





### Loose Parts Play

Getting messy with mud, water, sticks, etc - exploring what things are made of and how they fit together.

Place and time

Potential barriers

Strategies

 <p>Quiet Play</p>	<p>Taking time and space to be still, resting, dreaming, pondering</p>
<p>Place and time</p>	
<p>Potential barriers</p>	
<p>Strategies</p>	
 <p>Exploratory Play</p>	<p>Investigating, ranging, moving into unknown territory</p>
<p>Place and time</p>	
<p>Potential barriers</p>	
<p>Strategies</p>	

It is natural for different forms of play to overlap - for example a child may be simultaneously ranging (Exploratory play), playing pretend (Imaginative play) and making new friends (Social Play). Spaces that satisfy a wide range of play needs are ideal.

If you would like to find out how we use play types in our designs to create stimulating natural play spaces, please get in touch. We would love to hear from you.



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