

WHAT IS YOUR PLAY STYLE?

Play = An absorbing way of being that provides enjoyment, suspends self consciousness and a sense of time, is self-motivating and makes you want to do it again.

There are many ways we can be in a state of play. Learning your particular style of play and the styles of those around you can support playing together. Rate your play styles in order of preference.

_____ **The Joker:** Play always revolves around some sort of nonsense. Making silly sounds with a child or playing a practical joke on a friend fall under this category.

_____ **The Kinesthete:** Those in this group include athletes, dancers, and others who like to push their bodies and feel the result.

_____ **The Explorer:** These people delight in trying new experiences, such as physically going to new places, emotionally exploring and deepening feelings, and mentally researching or discovering new points of view.

_____ **The Competitor:** This person enjoys a competitive game with specific rules and loves fighting for number one!

_____ **The Director:** These players like planning and executing scenes and events. They are born organizers who give parties and instigate group events.

_____ **The Collector:** This type of player relishes the thrill of having the most and best collection of objects or experiences, such as antiques, cars, or wine.

_____ **The Artist/Creator:** This person's joy comes from making things. Sculpting, woodworking, sewing, and gardening are a few examples. The point is to make something beautiful or functional.

_____ **The Storyteller:** Here the imagination is the key to the kingdom of play. This group includes novelists, cartoonists, and screenwriters as well as those who like reading stories and watching movies. They are also the performers who use dance, magic, and acting to create an imaginative world.

What are the play styles of your family, work team, community of friends?