

DR. STUART BROWN'S PLAY STYLES

The Joker

- Play that involves nonsense/silliness (nonsense play starts early in life-silly sounds with an infant, funny faces, baby talk, etc.)
- Enjoys making others laugh, telling jokes, practical jokes

The Kinesthete

- Enjoys being on the move whether is playing sports, dancing, walking, swimming
- Movement aids in thought process
- Enjoys pushing body to new limits & feeling the results
- Play games to be active not for the competition

The Explorer

- Enjoys exploration is a way of being creative and engaging the imagination
- Includes physical experiences such as traveling or trying new foods
- Includes emotional experiences that strive to find a deeper understanding
- Includes mental experiences that strive to learning more about a subject or point of view

The Competitor

- Enjoys playing to win or being on top of the leader board
- Enjoys games with specific rules and where a score is kept
- Takes pleasure in the challenge can be individually or in a group

The Director

- Enjoys planning/organizing
- Enjoys the power and control
- Enjoys teaching or coaching
- At best they are party planners/at worst manipulators

The Collector

- Enjoys having a collection of objects or experiences
- Enjoys collecting the most, the best, or the most interesting
- Enjoy collecting alone or sharing with a people with similar interests

The Artist/Creator

- Enjoys making things, decorating, restoring items
- Enjoys creating to share or to keep to themselves
- Enjoys taking something apart and rebuilding
- Enjoys the process of creating, independent of the purpose (beauty, functionality, or just to be goofy)

The Storyteller

- Enjoys using imagination and brings it into the activities they do
- Enjoys writing the story, acting out the story or reading/watching the story
- Enjoys making themselves part of the story

Play Style descriptions as Stuart Brown M.D. describes them in his book *Play How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul*

DR. STUART BROWN'S PLAY STYLES

What are some of your favorite memories of your childhood?

How and/or what did you play as a kid?

What role does play have in your life currently?

When you get stressed what do you like to do to relax?

Dr. Stuart Brown M.D.'s description of the power of play:

"It is intensely pleasurable...It energizes us and enlivens us. It eases burdens. It renews our natural sense of optimism and opens us up to new possibilities."

Play Style descriptions as Stuart Brown M.D. describes them in his book *Play How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul*