

# Play Style Self-Evaluation

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5=Strongly Agree    4=Agree    3=Slightly Agree    2= Slightly Disagree    1=Disagree

- \_\_\_\_\_ 1. I enjoy telling jokes.
- \_\_\_\_\_ 2. I enjoy being active.
- \_\_\_\_\_ 3. I enjoy traveling and exploring new places.
- \_\_\_\_\_ 4. I like to play games with specific rules (such as board, dice or card games).
- \_\_\_\_\_ 5. I enjoy planning events.
- \_\_\_\_\_ 6. I enjoy collecting interesting objects or experiences.
- \_\_\_\_\_ 7. I enjoy taking apart items and putting them back together or restoring items.
- \_\_\_\_\_ 8. I enjoy watching and/or reading a story.
- \_\_\_\_\_ 9. I love to make others laugh.
- \_\_\_\_\_ 10. I enjoy sports for the activity not for the competition.
- \_\_\_\_\_ 11. I enjoy learning about new subjects/topics.
- \_\_\_\_\_ 12. I enjoy challenging myself and/or others when playing.
- \_\_\_\_\_ 13. I enjoy teaching and/or coaching.
- \_\_\_\_\_ 14. I would enjoy having a memento from all 50 states.
- \_\_\_\_\_ 15. I enjoy making things such as music, art and/or crafts.
- \_\_\_\_\_ 16. I enjoy using my imagination.
- \_\_\_\_\_ 17. I enjoy being silly.
- \_\_\_\_\_ 18. I would prefer to be outside moving around to sitting down and playing a game.
- \_\_\_\_\_ 19. I enjoy searching for a deeper understanding of the world around me.
- \_\_\_\_\_ 20. When I play a game I like to win.
- \_\_\_\_\_ 21. I enjoy being part of the organization process for activities and/or events.
- \_\_\_\_\_ 22. I enjoy the process of finding an item to help complete a set/collection.
- \_\_\_\_\_ 23. I enjoy inventing or creating new things.
- \_\_\_\_\_ 24. I would enjoy working as an actor, writer and/or cartoonist.
- \_\_\_\_\_ 25. I enjoy being foolish.
- \_\_\_\_\_ 26. I am happiest when I am moving such dancing, swimming, walking, etc.
- \_\_\_\_\_ 27. I enjoy trying new foods.
- \_\_\_\_\_ 28. I believe when playing a sporting competition there should be a trophy not just participation ribbons.
- \_\_\_\_\_ 29. I would be known as an instigator when it comes to getting an experience started.
- \_\_\_\_\_ 30. I enjoy sharing my collection with others.
- \_\_\_\_\_ 31. I enjoy working with my hands to create something.
- \_\_\_\_\_ 32. I enjoy knowing an athlete's background story when watching a sporting event.
- \_\_\_\_\_ 33. I enjoy practical jokes.
- \_\_\_\_\_ 34. I enjoy pushing my body to new limits.
- \_\_\_\_\_ 35. I enjoy listening to new types of music or seeing different forms of art.
- \_\_\_\_\_ 36. I enjoy fighting to be #1.
- \_\_\_\_\_ 37. I enjoy the power of directing others.
- \_\_\_\_\_ 38. I enjoy accumulating objects or experiences.
- \_\_\_\_\_ 39. I enjoy making something for the beauty, functionality, or just to be goofy.
- \_\_\_\_\_ 40. I enjoy picturing the story in my head when someone reads to me or I read.

Play Styles	Answers					Total
<b>The Joker</b>	1.	9.	17.	25.	33.	
<b>The Kinesthete</b>	2.	10.	18.	26.	34.	
<b>The Explorer</b>	3.	11.	19.	27.	35.	
<b>The Competitor</b>	4.	12.	20.	28.	36.	
<b>The Director</b>	5.	13.	21.	29.	37.	
<b>The Collector</b>	6.	14.	22.	30.	38.	
<b>The Artist/Creator</b>	7.	15.	23.	31.	39.	
<b>The Storyteller</b>	8.	16.	24.	32.	40.	

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*

#### **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 Director**

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

#### **The Mover (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 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 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 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 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 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