

Types of Play



Quiet Play

Usually sitting quietly while reading books, playing with dolls, doing arts and crafts or coloring.

Creative Play

Encourages free thinking by drawing, problem solving, listening to or playing music, sculpting play dough or imaginative play.

Active Play

Includes physical activities such as throwing a ball, slides, riding bikes, swimming, playing dress up or building a fort.

Cooperative Play

Involves more than one person including tag, hide and seek, block building or playing dress up.

Dramatic Play

Social play including trying out different roles such as doctor, action hero, dancer, mom. May be quiet or active, alone or with others.

Manipulative play

Use of hands, muscles and eyes. Helps develop coordination, visual motor integration, motor planning. Includes puzzles, crayons, cutting, legos and blocks.



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