

TYPES OF ADVENTURESOME PLAY

high speed

TYPES OF ADVENTURESOME PLAY
adapted from E. Sandseter

Examples:

- Swinging
- Down hill (sliding, rolling, running)
- Skating
- Skiing

Why is this important?

- Contributes to ability to change directions & gain speed without losing motor control
- Contributes to balance & coordination skills
- Enhances depth perception & spatial awareness
- Increase physical fitness & overall motor competence

rough & tumble

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Examples:

- Play wrestling
- Rolling down hills
- Fencing with sticks
- Chasing

Why is this important?

- Involves physical & motor development
- Supports social awareness, social signaling, cooperation & empathy
- Supports communication skills that contribute to social intelligence
- Develops self regulation skills

"getting lost" "magic spots"

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Examples:

- Exploring unknown areas
- Independent mobility
- Freedom to play "away from the eyes of adults"

Why is this important?

- Some children learn best when they have access to private areas where they can explore & participate in creative thinking & play experiences without distraction
- Increase focus on areas of interest
- Calming

play near elements

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Examples:

- Fire pit
- Deep water
- Edge of hillside, rockwall, etc
- Ice and snow

Why is this important?

- Develops child's ability to move from simple to more complex experiences
- Encourages problem solving skills in how to use their bodies (maintaining balancing, reduce sliding)
- Improves awareness of safe & risky play options

great heights

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Examples:

- Climbing high (trees, rocks, fences)
- Jumping down from high places
- Balancing on high objects
- Hanging, swinging, dangling

Why is this important?

- Contributes to using physical elements that develop muscle strength, endurance and skeletal quality
- Supports the need to seek out thrills of trying something new
- Supports development of self-confidence, problem solving & judgement

play with tools

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Examples:

- rope
- saws
- bow & arrows
- whittling knives, hammer, nails

Why is this important?

- Constructive play combines design, images, visualization with problem solving
- Gain sense of self-esteem and accomplishment with using tools
- Acquire mathematical & scientific skills like comparing measuring, contrasting shapes/sizes, understanding weights, measures & balance