

# 16 different types of play your child may use in therapy sessions

**Communication Play**  
Allows your child to play using their words and gestures and learn about jokes and acting

**Creative Play**  
Allows your child to explore, try out new things and use their imagination

**Deep Play**  
Allows your child to experiment with facing risky experiences and addressing their fears

**Dramatic Play**  
Allows your child to experiment with roles they could take and acting them out

**Exploratory Play**  
Allows your child to explore the world and how things around them function by using their senses

**Fantasy Play**  
Allows your child to explore their fantasy world and experiment with things that aren't likely in real life

**Imaginative Play**  
Allows your child to play outside of the rules of the physical world

**Locomotor Play**  
Allows your child to enjoy experimenting with the sensation of movement in play

**Mastery Play**  
Allows your child to show they can control elements of their play or the environment

**Object Play**  
Allows your child to develop their hand-eye coordination and manipulation skills

**Recapitulative Play**  
Allows your child to explore the past through rhymes, stories, rituals, history and ancestry as well as the themes of fire and darkness

**Role Play**  
Allows your child to explore different roles and ways of being and try them out in a safe environment

**Rough & Tumble Play**  
Allows your child to develop their physical skills in a safe and friendly way

**Social Play**  
Allows your child to develop their understanding of social rules and how they work when playing with others

**Socio-Dramatic Play**  
Allows your child to explore their social skills by acting out social roles

**Symbolic Play**  
Allows your child to experiment with using objects or symbols to represent something else within their play

**Creating  
CALM**

Adapted from Huges, B (2002)  
2nd Ed. 'A Playworker's  
Taxonomy of Play Types', and  
an infographic from  
[encourageplay.com](http://encourageplay.com)

