

Play Patterns and Triggers

| | Pattern | Trigger | Keywords |
|-------------------------------|------------------|-----------------------|--|
| Adult Facilitated Play | | | |
| 1 | Sensory | <i>Air</i> | Life, lungs, inhale, breathe, lips, smell |
| 2 | Bond | <i>Eye Contact</i> | Attachment, love, expression, babble, words |
| 3 | Swing | <i>Suspension</i> | Proprioception, acceleration, vestibular stimulation |
| 4 | Curiosity | <i>Novelty</i> | Discovery, new, found |
| 5 | Grasp | <i>Fingers</i> | Touch, thumb, hand, gather, collect, pattern recognition |
| 6 | Wet | <i>Water</i> | Wet, slime, pour, puddle, mess |
| 7 | Spin | <i>Pivot</i> | Orientation in space, eye tracking, vestibular stimulation |
| 8 | Hide | <i>Enclosure</i> | Object constancy, sense of self, pretend, intimacy |
| Child Discovery Play | | | |
| 9 | Slide | <i>Slope</i> | Proprioception, vestibular stimulation, acceleration |
| 10 | Balance | <i>Being Upright</i> | Rollover, sit, crawl, cruise, toddle, walk, run, dance |
| 11 | Jump | <i>Being Elevated</i> | Bounce, jump, fly, land, bone strength |
| 12 | Climb | <i>Scaffold</i> | Brachiate, lateralize, motor planning, spatial awareness |
| Peer Play | | | |
| 13 | Contest | <i>Playmate</i> | Rough & tumble, large motor, strength to weight, games |
| 14 | Ball | <i>Ball</i> | Throw, catch, toss, roll, hit, kick, game |
| 15 | Combine | <i>Loose Parts</i> | Associate, join, make, transform |
| 16 | Pretend | <i>Props</i> | Dramatic and role play, imagination, symbolism |
| Communal Play | | | |
| 17 | Mapping | <i>New Space</i> | Roaming, exploring |
| 18 | Rhythm | <i>Sound Makers</i> | Babble, beat, syncopate, sing, harmony |
| 19 | Story | <i>Book</i> | Listen, |
| 20 | Parade | <i>Lining up</i> | Celebration, Festival, Pride |