

Reading the Play Elements Chart

The columns in this chart represent the six basic elements of play. Each is present every time you play fully.

Read downward to see how the elements grow more powerful as you play. Scan across the rows to see how play unfolds as you go. Note how each element of play is in itself a reward. Think about how you play and how your feelings fit these elements.

	Anticipation	Surprise	Pleasure	Understanding	Strength	Poise
interest	appreciation	satisfaction	tolerance	stamina	dignity	
openness	awakening	buoyancy	empathy	vitality	grace	
readiness	stimulation	gratification	knowledge	devotion	composure	
expectation	excitement	joy	skill	ingenuity	ease	
curiosity	discovery	happiness	insight	wit	contentment	
desire	arousal	delight	mutuality	drive	fulfillment	
exuberance	thrill	glee	sensitivity	passion	spontaneity	
wonderment	astonishment	fun	mastery	creativity	balance	
To infinity, and beyond!! <small>Buzz Lightyear Spaceman</small>	<i>Playfully challenging the limitations of a science, an art, or a technology just to see what happens is one of the most common ways in which novel ideas are born.</i> <small>Robert and Michele Root-Bernstein Contemporary American physiologist, historian</small>	<i>Men do not quit playing because they grow old; they grow old because they quit playing.</i> <small>Oliver Wendell Holmes American physician 1809-1894</small>	<i>Learning through play means trying things this way and that, staying loose, changing your perspective, and trying the intuitive instead of the logical.</i> <small>Stuart Brown, M.D. Contemporary American psychiatrist</small>	<i>A child loves his play, not because it's easy, but because it's hard.</i> <small>Benjamin Spock American pediatrician 1903-1998</small>	<i>Play grows from our sense of freedom, it produces strength and skill for the players, stimulates the imagination, and encourages agility and self-confidence.</i> <small>Joseph W. Meeker Contemporary American human ecologist</small>	

Play Elements