

Taking the Outcome Out of Play

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Summary: Play is the cornerstone of Floortime that allows our brains to form new constructive neural pathways by allowing the movement of our stuck emotions into adaptation and maturation

- ✓ Play is the safety zone where we can let out our emotions in an acceptable way that won't threaten our attachments
- ✓ In play, it is OK if we yell, explode, cry, act scared, get overly excited, are worried, or even plan or pretend to kill someone because in play there are no consequences
- ✓ Play is not outcome-based, which means we cannot turn our child's interests into achievements, sports into accomplishment, music and theatre into performance, art into evaluation, or recreation into fitness, etc. or our child will be working rather than playing
- ✓ We can guide our child's emotional expression in play based on their individual differences which might mean one child prefers pillow fights, while another prefers hide-and-seek

Link to this blog: <http://affectautism.com/2019/05/06/play>