



Key Take-Aways

Floortime is also Adolescent- and Adult-Led

Published online May 1, 2021

Summary: Floortime with adolescents and adults may look different than it does with younger children, but it still starts with following the interests of the individual to promote circles of communication within a supportive and caring relationship

- Following the person's lead is about figuring out what the person is trying to do, what they're interested in, and joining them there
- By determining where the individual is developmentally in that moment, you can join them at *that* developmental capacity and move along, developmentally, from there
- Your goal in Floortime is to open and close multiple circles of communication and get in to the symbolic by role playing and/or speculating about abstract ideas getting to emotional and logical thinking
- Peek-a-boo style games can be played throughout life using card games, orienteering, geocaching, errands, and other activities to promote back-and-forth interactions and higher-level thinking

Link to this blog: <https://affectautism.com/2021/05/01/adult-led/>