

# Random and Organized Types of Play

## Qualities and Benefits of Random Play

Going towards entropy or destruction  
Place of the unknown  
Generate novel ideas  
Fosters spontaneity  
Promotes creativity, adaptability  
Ability to let go into experience

## Effects of too much Randomness

Feeling a lack of purpose  
Can't get a grip  
Can't get things done, finished  
Lots of great ideas but no form  
Hard to work in a team

## Qualities and Benefits of Organized Play

Going towards increased tone, skill  
Learning of social signals, rules  
and relational strategies  
Confers non verbal communication skills  
Brings to form  
Ability to manipulate experience

## Effects of too much Organization

Feeling a lack of joy  
Life feels like it's all work  
No inspiration, creativity  
Feeling trapped  
Taking things too seriously, too literally

# Types of Play

## Random

Pillow fights  
Pass the Story  
Dolls (creating fantasy)  
Tag  
Balloon Fights  
Play on words  
Tickling  
Finger Painting  
Changing words to a song

## Style

**Expressive Movement**  
**Narrative**  
**Imaginative**  
**Games**  
**Sports**  
**Cognitive**  
**Sexual**  
**Art**  
**Music**

## Organized

Dancing the Tango  
Cross-word puzzle  
Guided imagery  
Monopoly  
Baseball  
Logic Puzzles  
Spin the Bottle  
Paint by numbers  
Gregorian Chants

Many types of play are inherently both organizing and randomizing. Optimally, we want to find balance in our activities between randomness and organization. Play can help us balance the deficits that may exist in these areas in other aspects of our lives.