

## 8 Play Personalities

Created by Dr. Stuart Brown

As humans, we are natural players our entire lives. The way we choose to play can change from time to time, but we generally have types of play that we prefer. These types begin to shape into personalities as children. Pay attention to what brings you joy. What aspects of your life create a sense of wonder, awe, and happiness? Remember your play personality when spending time with others. Consider what their play personalities may be and create opportunities to blend them together with yours to have a playful day!

1. **Artist Creators**  
This personality type loves to create and make things. They may have spaces dedicated to a studio, art supplies, crafts, equipment, etc.
2. **Collectors**  
This personality type loves to collect things. They hunt for and create a collection of interesting objects or experiences.
3. **Competitors**  
This personality type loves to track progress and keep score. They may enjoy the rules, goals, and winning aspects of sports, games, or challenging themselves.
4. **Directors**  
This personality type loves to create and execute plans. They may like organizing and coordinating events and group outings.
5. **Explorers**  
This personality type loves to provoke the imagination mentally or physically. They may love to travel or research new subjects.
6. **Jokers**  
This personality type loves to be silly or foolish. They are likes to tell jokes or play practical jokes on others. They love nonsense and to make others laugh.
7. **Kinesthetes**  
This personality type loves to engage in physical movement. They may love to dance, exercise, or play sports for fun.
8. **Storytellers**  
This personality type loves to engage in the emotions and feeling of characters. They may love to tell stories, read books, or watch movies.

*Playful Tip: Use this mnemonic to remember the Play Personalities: All Cats Can Dance Easily, Just Kidding Silly!*

Based on the book, *Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul*, by Dr. Stuart Brown.