

Taking a Play History

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1. Recall times during your childhood that gave you real joy; that made you excited.
2. What comes to mind when you think of the following types of play at different ages (please detail experiences for each type of play during each time period).

AGE	MAKE-BELIEVE PLAY	ROUGH AND TUMBLE PLAY	GAME PLAY*	OBJECT PLAY	ARTISTIC PLAY
0-7 years					
8-12 years					
12-18 years					
college					
adulthood to present					

*Anything that had preset rules and included group and solo games - from kickball to Monopoly.

3. What did your family do for fun?
4. How often did you see your parents having fun? What do you recall?
5. When have you felt free to do and be as you choose?
6. Do you have a sense of personal freedom in your life now? In the past? Please describe this sense of freedom now and in the past.
7. What do you do in your life that engages you FULLY and EFFORTLESSLY?
8. What do you do regularly that creates and feeds your life force?
9. What describes you when you are you at your very best?
10. What have been the impediments to play in your life?
11. List activities that you do where you are fully present and can lose track of time.
12. Do you enjoy being a beginner at something and what are the new play activities you have engaged in recently?
13. How often do you sing, dance, or play with other people, or, if alone, where people could hear you or see you?
14. How often do you feel playful and uninhibited?