

The Characteristics of Play

Primarily, play is:

- 1.self-chosen and self-directed;
- 2.process rather than product driven;
- 3.contains structures or rules established by the players themselves;
- 4.imaginative, non-literal and removed from reality;
- 5.occurs between those who are active, alert and non-stressed.

(Gray, 2013; Brewer, 2007)