



INSTITUTE FOR SELF ACTIVE  
EDUCATION, INC.

“Play is the self-active representation of the inner life from inner impulse and necessity. The child who is absorbing from his environment materials with which he is building his own world clarifies and orders his own experience through its constant expression in play.”  
— Friedrich Froebel

# The Principles of Self-Active Play

## Principle 1

Play is a source of creative energy, a **positive force** and **safe context** for constructing meaningful self-knowledge and revitalizing the human spirit across the continuum of the human lifecycle.



## Principle 2

**Hands-on play** and art making with **open ended materials** reconnects the individual with earlier stages of human development, spontaneously balancing and strengthening, hope, will, purpose, competence, fidelity, love, care and wisdom.

## Principle 3

The **play space** is a state of being which is **self-constructed** or **co-constructed** based on the players' previous experiences and their perceptions of the levels of safety and trust leading into the play space.



## Principle 4

**Experiences within the play space** elicit strong affect toward the play space such as feelings of protectiveness, a yearning to return and desire for further exploration of higher levels of understanding and self-awareness.



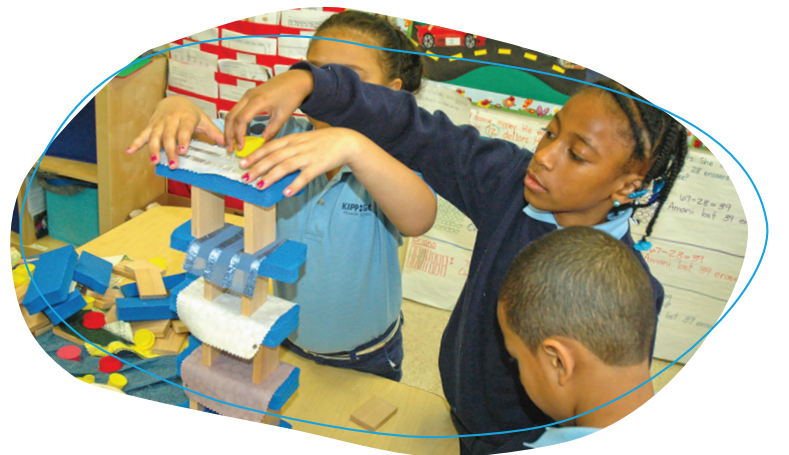
## Principle 5

The **creative energy released** within the play space **is accelerated** as players assume new pretend roles and as players thrill in discovering “Who will I be next?” and “What will I do next?”



## Principle 6

Play is a source of energy for rekindling love, passion, intimate relationships with other people and between players. These feelings are pervasive **not just isolated to the play space** but rather move forward as the player moves beyond the play space in their realities.



## Principle 7

Play's intrinsic qualities include spontaneity of the spirit, thinking deeply, feeling intensely and **building a trust in one's intuitive self**.

