

# The playwork principles

*Keep a reflection diary to understand how you do these things*

## 1. Understand Need

All children and young people need to play. The impulse to play is innate. Play is a biological, psychological and social necessity, and is fundamental to the healthy development and well-being of individuals.

## 2. Understand Process

Play is a process that is freely chosen, personally directed and intrinsically motivated. Children and young people determine and control the content and intent of their play, by following their own instincts, ideas and interests, in their own way for their own reasons.

## 3. Support Process

The prime focus and essence of playwork is to support and facilitate the play process and this should inform the development of play policy, strategy, training and education.

## 4. Advocate for Play

For playworkers, the play process takes precedence and playworkers act as advocates for play when engaging with adult led agendas.

## 5. Create Spaces

The role of the playworker is to support all children and young people in the creation of a space in which they can play.

## 6. Learn and Reflect

The playworker's response to children and young people playing is based on a sound up to date knowledge of the play process, reflective practice.

## 7. Understand Impact

Playworkers recognise their own impact on the play space and also the impact of children and young people's play on the playworker.

## 8. Choose Intervention Styles

Playworkers choose an intervention style that enables children and young people to extend their play. All playworker interventions must balance risk with the developmental benefit and well-being of children.