



Transformative Approaches to Wellbeing and Safeguarding

Play & Emotional Regulation



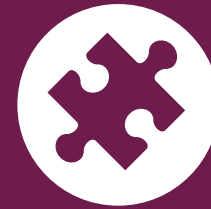
The Power of Play - Play Supports Development:



Learning and
memory



Emotional
regulation



Problem-solving and
creativity



Social
understanding



Emotional Regulation and Play



Connection



Communication



Co-regulation

Types of Play:

Free Play

Child-initiated, adult-prepared
(e.g space set up) observed,
but not intervened

Collaborative, adult introduces
scenarios or learning goals to
nudge play in a new direction

Adult lead, specific parameters
and structure.

Direct Instruction

Guided play





Play for fun:

how play naturally boosts positive emotions and social connections.



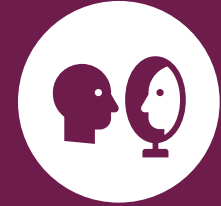
Play for exploration:

how we can learn about our own experiences and emotions through play.



Play for growth:

How personal development and growth can be supported through play.



Play for reflection:

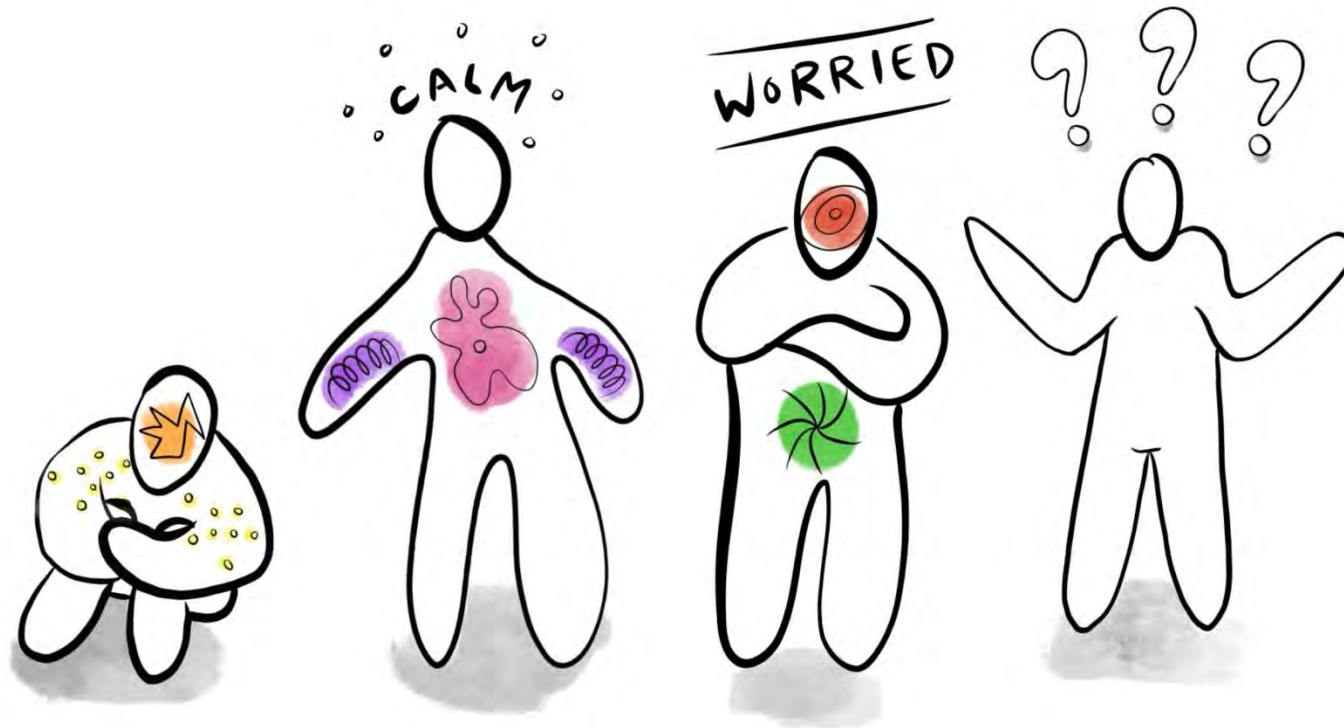
How playfulness can encourage safe sharing and reflection.

Play for Fun - Evolutions!



We can use play to uplift emotions,
connect with each other, improve our tolerance,
and naturally regulate our emotions and body
sensations.

Play for Exploration - Sculptor & Clay



We can use play to explore and review our emotions and experiences in a safe and accessible way. This in turn builds emotional literacy and self understanding - the building blocks of emotional regulation.

Play for Growth - Wish Pebbles



We can use storytelling play and imagination
to calm the mind, connect with our senses,
and set intentions.

Play for Reflection – Campfire Moment



‘when planning and providing play opportunities, the goal is not to eliminate risk, but to weigh up the risks and benefits’

‘accidents and mistakes happen during play – but fear of litigation and prosecution has been blown out of proportion’

‘HSE wants to make sure mistaken health and safety concerns do not create sterile play environments that lack challenge and so prevent children from expanding their learning and stretching their abilities.’

By adding creativity and playful magic to reflective moments, we encourage sharing, deeper engagement and connection.

Thank you!

If you have any questions following this workshop or would like to hear more about our emotional regulation PSHE curriculum 'The Mental Health Toolkit', visit our stall in the Unique Voice village or please get in touch: theoffice@uniquevoice.org