



european forum of
psychomotricity



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Spontaneous playing

Description:

Spontaneous play is the child's first means of expression of his/her internal world. By playing the child will stage the different experiences that formed the basis of his psychic and bodily construction. Offering a space where this symbolic material can be welcomed, transformed and represented, amounts to offering the child a place where his/her story can be deposited, contained, given meaning and sometimes repaired. This containing and symbolic space as well as the presence and the bodily commitment of the psychomotrician, allow him/her to explore other ways of being in the world and to access resilience.

Quote:

"It is through this playing with objects and in a permanent dialectic relation between the self and the world that the child discovers his body which is a means of action, a necessary intermediary between him and the world... It is the pleasure of living one's body which is essentially the pleasure of movement for itself, without purpose. It is the progressive learning of a „mastery of the body“ through body play."

References:

La symbolique du mouvement - A Lapierre et B Aucouturier - Epi S.A; Editeurs, Paris, 1975. Page 57