

# Adult-Led Time

Adult-led time refers to a play session that is directed by the adult rather than the child. It is a period of play in which the adult actively guides the child through play-based learning activities. This type of learning is more structured than “free play” and incorporates rules or instructions into the playtime. Balancing adult-led time with child-led time ensures that the student is learning cooperation skills and building trust with adults.

## WHAT DOES ADULT-LED TIME LOOK LIKE?

- ☐ Adult-directed play that includes rules, games, assessments, reflection-based assignments, instruction, emotional processing, and/or dialogue
- ☐ Can be individualized play or group play
- ☐ Child makes their preference, adult guides the sequence and rules

## WHY DO EDUCATORS IMPLEMENT ADULT-LED TIME?

- ☐ To facilitate cooperation and collaboration
- ☐ To assess a student’s competency level
- ☐ To facilitate fair play and rule-following
- ☐ To organize group activities
- ☐ To set and reinforce boundaries

## WHAT ARE THE BENEFITS OF ADULT-LED TIME?

- ☐ Helps teach important social skills such as taking turns
- ☐ Teaches the child through modeling and feedback how to follow directions
- ☐ Provides a model of various problem-solving approaches
- ☐ Offers exposure to a variety of educational opportunities
- ☐ Assists in enhancing fine motor and eye-hand coordination skills in younger children
- ☐ Promotes healthy emotional development, helping child feel understood and valued
- ☐ Promotes active listening skills, rule-following, dialogue, and requires cooperation
- ☐ Strengthens adult-child bond
- ☐ Allows opportunity to guide children through particular social, cognitive, or physical skills

## HOW IS THIS DIFFERENT FROM CHILD-LED TIME?

- ☐ The direction of activity is not necessarily determined by child’s interest.
- ☐ Children are directed to follow rules and expectations.
- ☐ The child listens/follows adult lead and reflects upon and/or repeats what adult is doing.
- ☐ The adult models the behavior they want to see or expect during play.

## EXAMPLES OF ADULT-LED ACTIVITIES

- ❑ Routine activities where the adult models and child participates: brushing teeth, washing hands, combing/brushing hair, packing a backpack or lunchbox
- ❑ Musical games where the adult instructs and enforces rules of play, and child participates: Hokey Pokey, Musical Chairs, Musical Statues
- ❑ Educational/Interactive games where the adult instructs and enforces rules of play, and child participates: Simon Says, Red Light Green Light, Duck Duck Goose, Twister, Bingo, Fruit Salad, Telephone

## REFERENCES

- ❑ Cox, M. (2024, November 15). *Adult-led play & child-led play- differences, benefits, balance*. Mission Momplex. (<https://missionmomplex.com/child-led-adult-led-play-differences-balance-benefits/>).
- ❑ *What is adult-led play?* (2024, November 15). Twinkl. Retrieved January 2025 from <https://www.twinkl.com/teaching-wiki/adult-led-play>.