**Exercise 6: Qualities of Comfort & Wonder** –

Rate the activities available in a play space (your own or one you can observe). Color in the squares up to plus or minus 3 points based on your observation for each element.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Environmental Qualities of Comfort | | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |  |  |  |
| 1 |  |  |  |  |  |  |  |  |  |  |
| 0 |  |  |  |  |  |  |  |  |  |  |
| -1 |  |  |  |  |  |  |  |  |  |  |
| -2 |  |  |  |  |  |  |  |  |  |  |
| -3 |  |  |  |  |  |  |  |  |  |  |
| Grid 2 | **Quiet place** | **Home & care** | **Arts** | **Nature** | **Active Place** | **Familiar/ Safe** | **Challenging/**  **Novel** | **Open Ended** | **Closed Ended** | **Real vs Fantasy** |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Environmental Qualities of Wonder | | | | | | | | | |
| 3 |  |  |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |  |  |
| 1 |  |  |  |  |  |  |  |  |  |
| 0 |  |  |  |  |  |  |  |  |  |
| -1 |  |  |  |  |  |  |  |  |  |
| -2 |  |  |  |  |  |  |  |  |  |
| -3 |  |  |  |  |  |  |  |  |  |
| Grid 3 | **Microscopic** | **Miniature** | **Just my Size** | **Colossal** | **Open- ended** | **Realness** | **Novelty** | **Vestibular** | **Proprioceptive** |
| What was the highest score?  The lowest?  **What is my action plan?** | | | | | | | | | |