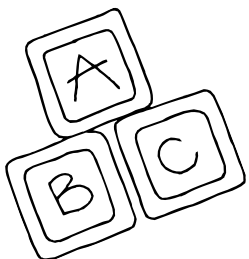


## The Importance of Play



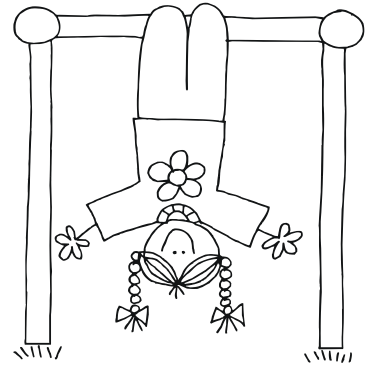
Research shows that emphasis on play in kindergarten does not detract from academic learning, but actually enables children to learn more readily.  
(Bodrova, E., Leong, D.J., 2003).

- Play is how a child explores the world. Through play children construct a sense of order and meaning out of their environment.
- Play allows children to constantly organize and reorganize new information and experiences.
- Play fosters language skills as children:
  - negotiate roles
  - set up structures of play
  - interact within their roles
  - experiment with higher vocabulary
- Play allows children to express and explore emotions, and to address feelings, anxieties and fears.
- Play provides opportunities to:
  - rehearse social skills
  - learn about acceptable peer behavior
  - practice problem solving and negotiating
- Play builds skills of general competencies that are necessary for children to be successful learners.



Research shows a link between play, vital foundational skills, and complex cognitive activities such as:

- memory
- self regulation
- oral language abilities
- symbolic generalization
- successful school adjustment
- social skills



- Play helps children build the skills necessary for critical thinking and leadership.
- Play supports and helps all areas of development: physical, cognitive, language, and social-emotional.
- Play provides opportunities to solve problems.
- Play helps children discover what they can do.
- Play encourages children to express themselves and use their creativity and imagination.
- Play gives children a sense of control and power.

