



PLAY TYPES

Thinking about the physical world

- Object play
- Exploratory play
- Creative play
- Mastery play

How to be in the world

- Pretend/ symbolic play
- social play
- Communication

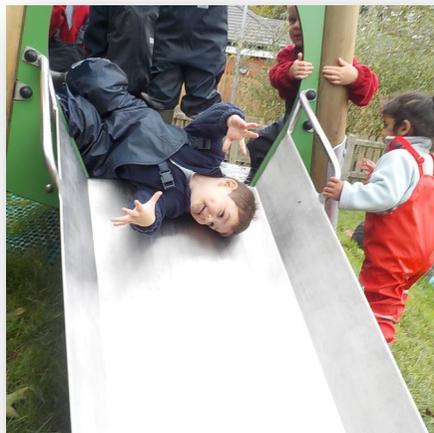
Body and its limits

- Rough and tumble
- Locomotor play
- Deep play
- Fantasy play



Be a play advocate

- Value play as the deepest way of learning—notice and appreciate children’s play
- Give children time and freedom
- Provide a rich environment
- Provide suitable resources
- Let them lead and direct



WINDSOR NURSERY SCHOOL

WHY PLAY REALLY MATTERS...

Play is an important right for children

UN Convention on the Rights of the Child
Article 31



WHY IT MATTERS and WHAT THE BENEFITS ARE...

Play perfectly supports early childhood development

- ◇ Every child from birth is on a play journey—the more they have opportunity to play the more they learn
- ◇ Play provides the richest possibilities for physical development
- ◇ When children play they move and all their sensory learning comes together
- ◇ Play sets up physically and mentally healthy lifestyles

Play perfectly supports learning

- ◇ Develops opportunities for children to really be motivated to want to concentrate, pay attention and self regulate behaviour
- ◇ It provides the richest way of helping children make sense of themselves, others their world and their part in the world
- ◇ It enables children to practice their skills, build up their expertise and broaden their experience
- ◇ In play children are at the edge of their learning and they push themselves

Play offers rich social opportunities

- ◇ It gives children opportunities to be with each other and build strategies to work effectively together
- ◇ It enables children to communicate for a reason that matters to them—non verbally and verbally and to grow their vocabulary
- ◇ It gives opportunity to develop the understanding of their own and other people's emotions

Play gives a strong sense of health and emotional well being through challenge

- ◇ Play is joyful and releases endorphins (like eating chocolate—happy hormones!)
- ◇ It offers many opportunities for children to be comfortable in themselves
- ◇ It enables challenge and risk within a framework of safety and security
- ◇ It allows children to set own challenges, be aware of their limits and push their abilities. They also find out how to keep themselves safe

WHAT PLAY IS..

Play is behaviour that is self motivated, freely chosen and personally directed.

It is the perfect vehicle for learning and development



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