

IT'S MORE THAN PLAY!

Play is recognized as a critical part of human development and learning!



Social and Emotional Skills

- Tag Variations
- Parachute Play
- Hide and Seek
- Reg Light Green Light
- Simon Says

SELF-REGULATION

A skill that helps children manage their emotions, behavior and body movements when faced with a challenging situation

HOW PLAY HELPS YOUR CHILD'S COGNITIVE DEVELOPMENT

Prioritization, perception of time, organization, cooperative group work, setting boundaries, routines, self-reflection, self-learning.

Executive Functioning Skills

- Relay Races
- Musical Chairs
- Planning a Play
- Navigation Activities
- Puppet Shows
- Nature Exploration



Play Expands Imagination and Creativity

- Outdoor Play
- Dramatic Play
- Telling Stories
- Art Exploration
- Water Play
- Gardening

CREATIVE THINKERS NEEDED

Imagination and creative thought are required more and more in the workforce. Future trends show thinkers are in high demand for a technological world.

CHILD ATTACHMENT ACTIVITY TIPS

- Use your best judgement of what your child/children are capable of and comfortable with. Verify that activities are developmentally appropriate.
- Allow your child to engage at their own pace.
- Remember many repetitions of a favorite game helps children to learn and build trust.
- Activities may be completely unplanned and spontaneous.

Play and Attachment

- Copycat-Mirroring Your Child's Activities
- Bean Bag Games
- Piggyback Rides
- Hand Massage
- Brushing Hair

