

# *The Importance of Play*





*Children benefit from play  
in 5 ways:*

Large muscles  
(gross motor)  
and small  
muscles (fine  
motor)

*Physically*

Learning to  
engage with  
others, show  
kindness and  
relate to peers

*Socially*

Helps children  
move through  
life's challenges  
and overcome  
obstacles.

*Emotionally*





## *Morally*

Teaching kids about right from wrong, doing things for others and facing consequences



## *Intellectually*

Kids learn a lot from play, even toys that aren't designed to be 'educational'

# Types of play

## *Solitary Play*

Child is playing on their own, not engaging with caregiver or peers

Learning: How to entertain themselves and be self-sufficient

## *Parallel Play*

Children are playing with the same toy next to each other, but not with each other

Learning: How to take turns, pay attention to others and mimic behavior that seems useful or fun

## *Cooperative Play*

Children playing together, engaging and talking to each other

Learning: Socializing, communicating, problem solving and interacting





Ways to  
Play



## *Symbolic Play*

Using objects, actions or ideas to represent other objects, actions, or ideas



## *Dramatic Play*

Play where children figure out roles to play, assign them and then act them out



## *Rough and Tumble*

Discovering physical flexibility and the exhilaration of display and it's friendly and positive. This type of play can burn up a lot of energy.



## *Locomotor Play*

Movement for movement's sake, just because it's fun. Things like chase, tag, hide and seek and tree climbing fall into this category



## *Sensory Play*

Using the senses, the way things look, feel, smell to engage  
Finger painting, shaving cream and water tables are great for this



## *Creative Play*

Allows children to explore, try out new ideas and use their imagination. They can use lots of different items, altering something and making something new.



Activity	Type of Play	Way to Play	Domains and Skills
Costumes			
Buttons			
Beads			
Pretend			
Chalk			
Blocks			
Sand			
Magnets			
Catch			