



the witty teacher

## Importance of Play in Promoting Healthy Child Development

# BODY, MIND AND SOUL

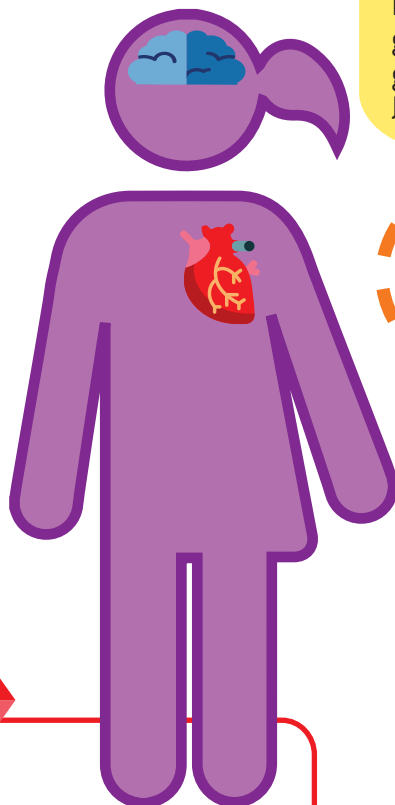


### I ask myself:

Milk is important for growth and carrots are good to improve eyesight, but... what is play good for?

### Common sense tells me that:

Play has a fundamental role in the development of a person's development of skills and abilities.



### Cognitive

ABC, 123

- ✧ It allows the development of curiosity, which is the basis of learning.
- ✧ Learning is achieved through the pleasure of the quest, experimentation and investigation.
- ✧ It aids in the process of the capacity of learning, perception, discerning, orientation, thinking, reasoning, memory and attention.
- ✧ It stimulates the creation and evolution of all mental structures that make possible the development of abstract thought.
- ✧ It encourages symbolic thinking.
- ✧ It helps communication and the acquisition of language.

### Motor

Head, Trunk and Extremities

- ✧ It aids in the development of corporal control and all physical functions, necessary for a healthy growth. Among these physical functions are: running, jumping, balance, coordination and dexterity.
- ✧ It allows the discovery and control of space and time.

### Emotional

I, You, She, He, We, They, Us

#### Social

- ✧ It stimulates the process of egocentric de-centralization by helping the development of socialization in children with relationships with no hierarchy.
- ✧ It develops, through the relationship with others, the capacity to cooperate and the ability to socialize, helping thus the establishment of affective relations.
- ✧ It stimulates the development of new skills through the recognition of the child's own abilities and those which belong to others.
- ✧ It initiates the acceptance of common rules helping to integrate to a healthy social discipline.

#### Affective

- ✧ Play is a source of pleasure and satisfaction that promotes mental equilibrium and health, giving in turn the opportunity to express feelings and emotions.
- ✧ It aids in the release of pent up energy and tensions.
- ✧ It facilitates the development of self-esteem and personal betterment as a consequence of a sense of success and autonomy.

## Answer

Without play, I cannot obtain a healthy development of all my capabilities and potential.

Only through it (play) I will be able to get closer to this interesting World; by testing, practicing and experimenting in a safe and fun environment. Yes! Play is as important as milk and carrots.