

# PLAY



## Facts about Playing

- Playing is a child's work. It is through play and exploration that a child learns most about the world around them. |
- It is important for children to have the opportunity to play with peers and adults, as well as to play independently.
- Play should offer a child the opportunity to engage their senses through imaginative play: to interact with people, places, and things in their everyday world; and should incorporate print as much as possible.



## Social-Emotional Development

- Playing with peers is important for a child's social development—one of the most important areas of readiness identified by kindergarten teachers.
- Play enables a child to try out new ideas and apply knowledge through using their imagination. Play also promotes getting to know others in a way that feels safe and familiar.
- Play helps build self esteem and confidence.



## Activities That Encourage Playing

- Provide realistic materials for children to play with, such as empty cardboard food containers for playing grocery store, or an old cell phone for playing office. Using realistic items will help children learn to interact with their world.
- Set up a post office station. Provide envelopes and paper for your child to write letters and mail them in a pretend mailbox. Use junk mail for post office play.
- Play school. Encourage your child to play the role of the teacher. This will help erase fears about starting school, while also providing an opportunity for learning.



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