Benefits of Play

Emotional benefits include...

• enjoyment, fun, love of life  
• relaxation, release of energy, tension reduction  
• self-expression

Developmental benefits include...

Cognitive development:

• creativity  
• abstract thinking  
• imagination  
• problem-solving  
• social cognition, empathy, perspective-taking  
• mastering new concepts

Affective development:

• self-confidence  
• self-esteem  
• anxiety reduction  
• therapeutic effects

Social development:

• cooperation  
• sharing  
• turn-taking  
• conflict resolution  
• leadership skill development (control of impulses and aggressive behavior)

Physical development:

• gross motor experiences  
• fine motor experiences  
• physical challenges  
• self-help skills

Attentional development:
• attention regulation
• concentration
• persistence

Language development:

• communication skills
• vocabulary
• story telling
• emergent literacy

Educational benefits include...

• providing a meaningful context for children to learn concepts and skills;
• making learning fun and enjoyable;
• encouraging children to explore and discover together and on their own;
• allowing children to extend what they are learning;
• encouraging children to experiment and take risks;
• providing opportunities for collaborative learning with adults and peers;
• allowing for the practice of skills.