

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.

Singer, D., Golinkoff, R. M., & Hirsh-Pasek, K. (Eds.) (In press). *Play=Learning: How play motivates and enhances children's cognitive and social-emotional growth*. New York, NY: Oxford University Press. 2006