

## PLAY AND LEARN

by:

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Play is how the natural world teaches kids new skills. Through play, kids learn about their surroundings and interact with people, things, and other kids. These interactions foster the development of critical social skills like sharing and dispute resolution while also creating and strengthening new neural connections. A child's brain growth can be stimulated without the need for pricey toys. A parent who is affectionate and engaging is a child's most valuable resource instead. Parents serve as a child's first playmate in addition to being their first teacher in this way. Parents can foster their child's cognitive, social, and emotional growth by playing with them.

A child gains the ability to focus for extended periods through play. Since children must consider what they are going to do and how they will do it, planning abilities are essential to play. Children's ability to solve problems is enhanced when they consider the order of events. Play also promotes language development. Children interact with one another through play. By utilizing lengthier sentences and providing new vocabulary to describe the characteristics of toys and motions, parents can promote language development during play.

Play promotes physical growth. Young children start developing their motor abilities through activities like grabbing, tossing, standing, and running. The capacity to balance is a critical physical development milestone for children. Children learn balance when they are playing. Children are genuinely developing strong, healthy bodies and minds via vigorous movement.

Play offers an opportunity to build social and emotional abilities in addition to physical progress. Children can adopt new identities and view the world from a different perspective through pretend play. Play boosts self-esteem and fosters creativity.<sup>5</sup> For instance, when kids play home, they develop terminology relating to the game. Pretend play helps kids develop more sophisticated language and social skills, empathy, and imagination. It also makes them less likely to be aggressive, more self-controlled, and use higher order thinking skills.

Children practice and develop social skills during group play, which is essential for success in kindergarten. Playtime helps children learn important social skills including sharing, negotiating, and dispute resolution. These abilities are also necessary for school readiness. By giving kids the opportunity to experience navigating stressful circumstances, playtime can even help them become more adept at self-calming.

## References:

mrsbsbeehive.com

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Behavior Management Strategies for Kindergartners - WeHaveKids