

## UNLOCKING ADVANTAGES THROUGH PLAY-BASED LEARNING

*by:*

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Although play is sometimes seen as a pastime, it is essential to young children's cognitive, social, emotional, and physical development. For kindergartens to build a solid foundation for future academic performance and lifelong learning, play-based learning is crucial.

According to Kakembo (2024) since children between the ages of three and five are naturally motivated to learn via play, play is an essential part of early childhood education. Play-based learning has several educational advantages. A comprehensive approach to early childhood education should strike a balance between fostering young learners' social and emotional development via play and equipping them with the fundamental intellectual and literacy skills they need to succeed in formal schooling.

Understanding the right balance between play and learning requires careful consideration. Children can actively satisfy their curiosity through play, which is unplanned and open to the outside world. It fosters creativity and opens doors for learning about the advantages of play activities. Play fosters cooperation and team spirit since it is social and involves active interactions with peers and friends.

In addition, play promotes social skills, empathy, and emotional intelligence for children learn to cooperate, share and take turns. They also develop self-awareness and self-confidence. As regards to children's physical development, play supports gross and fine motor skills, hand-eye coordination, and overall physical fitness.

With the advantages that play can give to the learners, teachers should strive to promote best practices. They may provide materials and schedule activities and encourage child-led play and exploration. They may also integrate play with the subject's content.

Undoubtedly, play is not just a small point, but a necessity particularly in the kindergarten. By embracing play-based learning, educators can foster a love of learning and promote holistic development.

### *References:*

Kakembo, A. (2024) The Role of Play in Early Childhood Education: Balancing Fun and Learning.

[https://www.researchgate.net/publication/383551094\\_The\\_Role\\_of\\_Play\\_in\\_Early\\_Childhood\\_Education\\_Balancing\\_Fun\\_and\\_Learning](https://www.researchgate.net/publication/383551094_The_Role_of_Play_in_Early_Childhood_Education_Balancing_Fun_and_Learning)