

## LET'S PLAY, LET'S LEARN

by:

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Long before the domination of the technology-powered devices and gadget-driven games, there are already a variety of activities which can bring joy, excitement and learning to our learners. In the Filipino setting, back in the 90's and early 2000's wherein mobile games still haven't existed, children had lots of time to play outside and socialize with others.

### The Physical Games

Physical games enhance the physical aspects of the children. They enhance the skills and abilities of children. These games usually include running, walking and using their sensory motor skills. Examples of these games are hide and seek, simple ball games, simple obstacle and relay games, Filipino games like patintero, babaran, tumbang preso, piko, luksong baka and luksong tinik. These activities promote active lifestyle among children. They also allow children to develop camaraderie, teamwork and sportsmanship. Aforementioned games also inculcate cultural identity and strengthen cultural awareness. It helps the children develop pride for our culture

### The Mind Games and Brain Boosters

Math Bingo, Sudoku, DaMATH, chess, scrabbles, puzzles and word games are some activities which are fun and exciting. While these abovementioned games give enjoyment to the young ones, it is also beneficial for them. These activities sharpen their mental skills and intellectual abilities. As they dive deeper to these games, they are utilizing their cognitive skills.

Researches and studies found out that by playing these mind games, children are high likely to develop and improve their perceptive skills. They are also able to hone their intellectual and rational abilities while performing and engaging in the game.

## The Playful Learning

Apart from the usual and traditional classroom learning wherein learners are exposed to routine and formal activities, playful learning involves engaging in games while learning. In the early days of the K to 12 Curriculum in the Philippines, playing games took a pivotal role in the learning process of the learners. What are the benefits of this playful learning? Apparently, children learn and acquire knowledge when they are allowed to explore the things which they haven't known yet. They also perform better when they find that they can do the games on their own and not depending on anybody. They also feel the joy of learning when playful and active learning is involved.

Play is essential in a child's learning process. Let the kids enjoy activities while learning.

## References:

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