

## LEARNING THROUGH PLAY: THE POWER OF ACTIVE ENGAGEMENT IN KINDERGARTEN

by:

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In early childhood education, the debate between passive and active learning is vital for a child's development. Passive learning in a Kindergarten setting usually involves children sitting still for long periods listening to a teacher. However, active learning focuses on "learning by doing," where lessons are paired with physical play and exploration. Because young children learn best through movement and interaction, active learning provides a much stronger foundation for their growth.

Active learning helps young learners understand basic concepts more deeply because it keeps them physically and mentally involved. As noted by Yang (2022), this method requires students to participate in meaningful activities rather than just observing. In a Kindergarten classroom, this means using storytime, group games, and hands-on "discovery stations" to help children internalize new ideas and apply them to the world around them.

Every child enters the classroom with a unique learning style. While some children are happy to listen to a story, others need to touch and feel objects to understand a lesson. For instance, auditory learners may enjoy listening to their teacher's voice, but as Eads (2022) suggests, they might struggle if they aren't also given a chance to explore the material through tactile or visual play.

Nowadays, young students often lose focus if a lesson lacks enough interaction. When a teacher relies solely on talking or showing slides, children can become restless, bored, or distracted. Research by Mann (2009) indicates that even simple visual aids can become boring if there is too

much information and not enough participation. In Kindergarten, this boredom often leads to children daydreaming or seeking out their own distractions because they aren't being engaged by the lesson.

Using interactive techniques is essential for the K-12 curriculum, especially in the early years. Martin (2014) highlights that active learning is beneficial because it allows for immediate feedback between the teacher and the child. It also helps children practice the social and physical skills they need to grow, such as sharing during group activities and developing fine motor skills through hands-on tasks.

Teachers must remember that every Kindergarten student comes from a different home environment and has a unique personality. According to Teach & Kids Learn (2017), educators should understand that these diverse backgrounds affect how a child comprehends new things. While active learning is a great tool, it must be flexible enough to respect each child's individual pace and personality.

To conclude, active learning is the best way to help Kindergarteners grow while keeping them excited about school. No young child wants to sit through a lecture where they cannot participate; doing so causes them to lose their natural motivation to learn. By recognizing that every child is different, teachers can use active, play-based learning to create a classroom where every student feels involved and inspired.

#### References:

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