

43 WAYS OUR KIDS THRIVE ON FREE PLAY

How undirected play has profound benefits on our children's development, growth, and wellbeing.



CHARACTER & PERSONALITY

- Boosts confidence and self-esteem
- Teaches quick recovery from setbacks
- Helps overcoming emotional trauma or disturbance
- Grows personal resilience
- Reduces childhood stress and anxiety
- Encourages expression of views, experiences, and frustrations
- May lead to discovery of interests and life passions
- Nurtures sense of self and place in the world
- Outdoor play develops respect for nature
- Trains to recognize and avoid potentially dangerous situations
- Inspires exploration of the world
- Reduces or conquers fears
- Allows practise for adult roles
- Tests and gives feedback on beliefs about the world
- Expands ability to consider others' viewpoints

BRAIN & MIND

- Develops cognitive abilities
- Improves decision-making skills
- Increases creativity
- Nurtures imagination
- Supports learning readiness
- Boosts problem solving skills
- Promotes free and flexible thinking
- Enhances language development
- Gives rise to concepts of size, shape, and texture
- Strengthens ability to pay attention



PHYSICAL DEVELOPMENT

- Promotes physical activity and health
- Refines fine motor skills
- Increases gross motor skills
- Develops manual dexterity

EMOTIONAL & SOCIAL SKILLS

- Teaches how to manage emotions
- Improves cooperation and ability to work in groups
- Increases empathy
- Develops capacity to receive and respond to feedback
- Trains how to negotiate and resolve conflicts
- Encourages self-advocacy
- Grows and nurtures friendships
- Teaches how to socialize
- Gives rise to leadership qualities
- Builds lasting bonds with parents



ACADEMIC PERFORMANCE

- Boosts academic skills
- Prepares for transition to kindergarten
- Helps with adjustment to school setting
- Develops sense of numbers



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We the Parents

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