

Benefits of Play- Dorothy G. Singer - Yale University

Cognitive development:

- imagination
- creativity
- abstract thinking
- problem-solving
- mastering new concepts- learning about the world around them

Affective development:

- self-confidence
- self-esteem
- anxiety reduction

Social development:

- empathy, perspective-taking
- cooperation
- sharing
- turn-taking
- conflict resolution
- self-control (control of impulses and aggressive behavior)

Physical development:

- large motor skills
- fine motor skills
- self-help skills

Attentional development:

- attention regulation
- concentration
- persistence

Language development:

- communication skills- expressive language and receptive language
- vocabulary growth
- story telling - the sequence of a story- beginning, middle, and end
- emergent literacy- learning about books, beginning to sound letters, rhyming

When you play with children you are:

- providing a meaningful context for children to learn concepts and practice skills
- making learning fun and enjoyable
- encouraging children to explore and discover together and on their own
- encouraging children to experiment and take risks
- providing opportunities for collaborative learning with adults and peers
- providing relaxation, release of energy, tension reduction
- encouraging self-expression

D.G.Singer & J.L. Singer, *Imagination and Play* in the Electronic Age (Harvard University Press, 2005)