



Extraordinarily Committed to Enrichment in Language & Literacy

## Learning Through **Play**

**Play** is an essential part to learning language for children of all ages. The structure of play, which includes solving problems, experimenting, and learning how the world works, is beneficial to learn how to use language for thinking.

Through play children **CAN**:

- Learn how to learn
- Gain world knowledge
- Enhance problem-solving
- Improve concentration
- Learn to handle frustration
- Foster independence
- Improve self-esteem
- Have healthy brain development
- Develop creativity and curiosity
- Develop language
- Learn appropriate social interaction

**Where** should play occur?

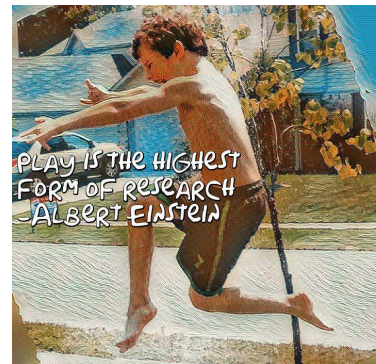
- For infants – on their tummy
- On the floor
- Outside
- At the dining room table
- In the family room
- ANYWHERE!

Some **barriers** to healthy play are:

- ❖ Technology use
- ❖ Overscheduled kids
- ❖ Play that is adult-directed
- ❖ Too much time indoors
- ❖ No play partners (adult and/or peers)

Outside play is **important** because:

- Exposure to sun and nature improves immune system and helps bone development.
- Outdoor elements capture attention and stimulate imagination.
- Gross motor activity provides sensory input, which makes the brain ready for learning.
- Risky play (jumping in a puddle, swinging higher) develops persistence and problem-solving.
- Free play with natural elements promotes learning through trial and error.
- The open landscape allows children to explore aspects of their personality that are limited by the indoors.
- Outside play allows children to be both teachers and learners.



Some **great** toys for outside play could be:

**STICKS** **MUD** **ROCKS**  
**PUDDLES** **LEAVES**

**Check out these links for additional information:**

- [The Relationship Between Play and Language](#)
- [The Importance of Outdoor Play for Young Children's Healthy Development](#)