



# PLAY

## 1. LEARNING

Children learn valuable life skills and behaviours through play to help them understand self-control, their emotions, being expressive and resolve inner conflicts.

Play should be fun, active, sociable, communicative and adventurous; engaging in the world around them.

## 2. BENEFITS

Play allows children to use their creativity while developing their imagination, dexterity, physical, cognitive and emotional strength. It is important for healthy brain development, for their language and for communication skills to mature.

## 3. ACTION

1

Make eye contact

2

Pick a topic

3

Act out the topic whilst the other person guesses the topic

4

Listen to music and sing together

5

Dance to songs

6

Follow your child's lead

7

Try playful activities inside and outside of your home