



...is Play Important for ALL Children

and **IMPERATIVE** for Children with Special Needs?

Top 20 Reasons to Encourage Play for ALL Children:

1. Play advances many cognitive skills like learning to focus and pay attention to details
2. Play produces an active, alert, but non-stressed frame of mind that benefit a child greatly
3. Play opportunities help a child develop problem-solving, organizational and planning skills
4. Play promotes both long term and short term memory
5. Play stimulates language, negotiation and communication skills
6. Play teaches a child how the world works from gravity to how things move, float or fly
7. The play experience allows a child to explore symbolic play, imitation and their own creativity
8. Play allows a child to build confidence, one trip down a slide or throw of a ball at a time
9. Play provides the feedback a child needs to develop self-knowledge and self-esteem
10. Play is an excellent way for a child to connect to nature and to explore its many facets
11. Active play can enhance a child's mood, coping abilities and defuse emotional charged events
12. Play teaches the cornerstone of relationship building, cooperation and compromise
13. Leadership along with group skills are learned through team or collective play
14. Active play promotes a healthy body for children and lowers the risk of obesity
15. Play promotes brain development through the use of both the body and mind
16. Play can teach a child the lessons of strengthening and balancing their body and coordinating their hands and eyes
17. Play stimulates resiliency by prompting the child to try again and learn patience towards self and others
18. Play fosters courage to swing higher and jump farther
19. Play teaches empathy by allowing a child to explore the role of both winner and loser
20. Play leads to engagement and enjoyment that provides a child with both physical and emotional release

