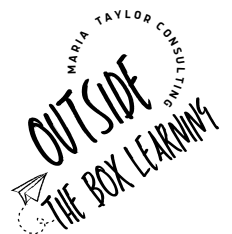




PLAY IS

REAL LIFE LEARNING
WITHOUT REAL LIFE
CONSEQUENCES



Benefits of play

EMPATHY

The ability to know how to be disappointed, take a knock, miss a turn and not respond in kind is all experienced through play. The absence of play leads to an absence of empathy.

JOYFULNESS

Play produces a sense of joy. As play is intrinsically motivated, positive responses in play are often joyful and unattached to things we are 'doing'. It is all about the 'being'. The best way to increase genuine joy is to stop searching for frantic highs or planning for 'memorable' moments, and instead explore the magic in the simple moments. Moments of joy support wellbeing for everyone!

OPEN MINDED

In play there are many solutions. Play is all about exploring what is possible. A playful approach allows you to be unattached to particular outcomes and less rigid in thinking. Resilient children have a lot of practice at 'flexible thinking.'

EMOTIONAL REGULATION

Play is one of the most natural and powerful ways children learn to regulate their emotions. Through play, children experience a full range of feelings—excitement, frustration, joy, disappointment—and they get to practise how to manage those feelings in a safe, low-stakes environment. Whether it's negotiating rules in a game, waiting for a turn, or navigating a tricky challenge, play gives children the chance to feel big emotions and figure out what to do with them.

WITHOUT JUDGEMENT

Play comes without judgement and outcomes attached. There is no 'should' in play. It is wonderfully freeing.