

Learning Through Play

Play is the work of childhood.

~Fred Rogers

**Play builds the kind of free-and-easy,
try-it-out, do-it-yourself,
character that our future needs.**

~ James L. Hymes Jr.

**Children need the freedom and time to play.
Play is not a luxury. Play is a necessity.**

~ Kay Redfield Jamison



**We don't stop playing because we grow old;
we grow old because we stop playing.**

~ George Bernard Shaw

**Play is the highest expression of human development in childhood, for it
alone is the free expression of what is in a child's soul.**

~ Friedrich Frobel

Life must be lived as play.

~ Plato

Play gives children the chance to practice what they are learning.

~ Fred Rogers

When I play with art materials, I learn about...

- Shapes, colours and textures
- Properties of materials
- Art appreciation and creativity
- Hand-eye coordination and refine small muscle control
- Proper pencil grip
- Respecting the creativity of others

When I play with play dough, I learn about...

- Colours, shapes and size
- Small and large muscle control
- Turn taking
- Creativity

When I play with blocks, I learn about...

- Balance, stability and gravity
- Shape and size
- Spatial concepts, such as above, below, etc.
- Small and large muscle control
- Hand-eye coordination
- Planning and problem solving while working with other children

When I play with sand or water, I learn about...

- Full and empty
- Floating and sinking
- Displacement
- Properties of matter
- Wet and dry

When I play outside, I learn about...

- Small and large muscle control
- Being loud and silly
- Dizzy play
- How to burn off energy
- Nature, seasons and the world around me
- Safety



When I “pretend” play, I learn about...

- Working with others
- Empathy
- Perspective taking
- Using language
- Problem solving
- Trying new things
- Decision making
- Exploring adult roles

When I play with games or puzzles, I learn about...

- How to achieve a goal
- Social awareness and turn taking
- Problem-solving
- Persistence

When I play with musical instruments, I learn about...

- Tone, volume and pitch
- Beat
- Rhythm
- Melody

When I read stories, I learn about...

- Respect and care for books
- Concepts of books and print
- Sounds of language
- Expanding my interests
- Recognizing and identifying letters of the alphabet

When I “messy” play, I learn about...

- Developing all five sense
- Creativity
- Texture
- Small and large muscle control
- Trying new things

