

LEARNING THROUGH PLAY

What is Play?

Free play is what happens when children follow their own ideas and interests in their own way, and for their own reasons. They can do this on their own or with others. It can happen inside or outside. When a child is interested in something, they are more likely to learn from it.

This is called self-directed

Why Play?

Play is important for the early stages of brain development. Playing with children can help build relationships later in life and helps to develop important skills for learning, life and work.



Benefits of Learning Through Play

- ❖ Active play helps to build physical health
- ❖ Children explore their feelings through play
- ❖ Play is how children make sense of the world and test the theories that are in their heads
- ❖ Helps children build resilience and cope with stress
- ❖ Children develop problem solving skills
- ❖ Children are constantly using their imaginations and building their creativity
- ❖ Children practice their language skills

PLAY CREATES A BRAIN THAT HAS INCREASED FLEXIBILITY AND IMPROVED POTENTIAL FOR LEARNING LATER IN LIFE.

LESTER & RUSSELL, 2008

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EARLY YEARS AT UNIQUE ACADEMY

NOURISHING THE FITRAH OF EACH UNIQUE CHILD

Self-directed Learning



“Play with them for the first seven years of their life..”

Prophet Muhammed Salalahu Alayhi Wasalam



When you play with your child it is an important part of the bonding process. How you play with your child when they are young can have a positive impact on how they form relationships when they are older.

As your child grows up your role will change. They will need you to take a step back and allow them to play alone and with their friends. This helps to build their confidence and independence. There are lots of different things you can do to encourage your child to play.

- ❖ Get the environment right - turn off the TV!
- ❖ Encourage play, especially outdoors, remember to allow freedom and choice.
- ❖ Encourage your child to play outside in all kinds of weather.
- ❖ Allow your child to take and manage risks in their play.
- ❖ If you have to stop your child playing, try to give them plenty of warning to allow them to bring their play to a close.

HOW YOU CAN HELP



Taking Risks

Allowing children to take risks:

- ❖ Children need opportunities to play in lots of different situations, experiencing adventure and challenge.
- ❖ Your child will learn to manage risks and make appropriate choices about where, how and when they play.
- ❖ While risks are real, they need to be kept in proportion and controlled.
- ❖ The goal for you as parents is not to eliminate risk in play, but to weigh up the risks and the benefits.
- ❖ Learning to manage risks and challenges will help your child or young person to grow and develop into a healthy, confident adult.

Some useful phrases to respond to risk-taking activities:

- ❖ 'Go as high as you are confident.'
- ❖ 'Stop where you feel safe.'
- ❖ 'What do you think?'
- ❖ 'Can you go a little further?'
- ❖ 'Remember what you did last time? What did you do that worked?'
- ❖ 'That's okay! have another go.'
- ❖ 'I'll stand here, just in case you need some help.'
- ❖ 'Think it through.'

