

The Importance of Play-based-learning for Kids

What does “play-based learning” mean and why is it important?

Children learn through playing and during the act of play children are exploring, taking risks, engaging their imagination, and solving problems. They are learning valuable skills that support social, physical and cognitive development.



Play-based learning appeals to children’s natural curiosity and their desire to engage in experiences based on their own unique interests, as they make sense of the world around them.

In play-based learning programs, educators tailor their teaching opportunities to align with the type of play the children are engaging in.

Their emotional state at this point is far more important than the number of hours they spend going over their practice exam papers or the sporting events they are missing. The better the space for mental health and wellbeing the more confidence they have in their ability, the better chances they have of doing well during this time. Remember, it’s about them, not you.

LANGUAGE AND LITERACY DEVELOPMENT

Play-based learning encourages conversations to occur in a natural way, which is important for young children, as their vocabulary is growing and



developing significantly during their pre-school years. A child will often speak to themselves while playing or narrate the toys they are playing with, even acting out multiple sides of a conversation.

When playing with each other, children engage in different forms of communication, including storytelling, negotiation, and goal sharing. For example, when playing “school,” children will decide who is the teacher and who are the students.

SOCIAL AND EMOTIONAL SKILLS

Play-based learning is important to a child’s development of social and emotional skills, which are crucial for later in life, such as the ability to develop positive relationships with peers. As children play together, they learn to get along with one another, cooperate, communicate effectively, problem solve and resolve conflicts. They are learning to take turns, wait and share their materials. Play also has a positive impact on the development of emotional skills.



FIND OUT MORE

1300 our eap (1300 687 327)

info@convergeintl.com.au

convergeinternational.com.au

THE IMPORTANCE OF PLAY-BASED-LEARNING FOR KIDS

As children play they learn about empathy, recognising their emotions and how to regulate them. Commonly known as “Play Therapy” can be a stress relief and as a healthy way for children to work through their stressors.

CREATIVITY AND IMAGINATION

You may think that imagination and creativity would come naturally to children, however, these skills are learned and developed.

The reason why the self-directed element of play-based learning is so important is because it helps children navigate scenarios in their lives, either imagined or real. Play is chosen freely to foster the imaginative environment.

CONFIDENCE AND A POSITIVE ATTITUDE TOWARDS LEARNING

Confidence helps a child develop the ability to try new things and take risks, an important element of play-based learning. Allowing children to choose the way they play enables them to grasp concepts more easily because they are interested and engaged in what they are learning. It also encourages independence in their learning as they lead the way. The child gets to deciding for themselves and is not relying on an adult to tell them the correct answer or instruct them on what to do.

Being able to learn at their own pace also helps a child develop a positive attitude to learning. In play-based learning there is no pressure on the end result, the process is what is important and they can enjoy the learning without stress.

MOTOR SKILLS

Play-based learning helps children to develop both fine and gross motor skills. Activities like throwing a ball, kicking a football, climbing



and running develop gross motor skills, balance and hand-eye coordination. Fine motor skills are developed through activities such as drawing, painting, building or roleplaying.

Let's explore the benefits of play-based learning and how as a parents you can facilitate it at home.

HOW TO ENCOURAGE PLAY-BASED LEARNING AT HOME

Encouraging conversation - Try to add a little more vocabulary or description to your child's play. Be observant for their interests and add to their repertoire by adding something new to chosen favourites, for example “What are the people doing in that picture you've drawn? Where is that spaceship going to land? That play-dough person seems lonely?”



Turn off technology – While technology can be a wonderful compliment to education, screen time should not be integral to a child's learning. Even though the content may seem educational, it is not a substitute for reading or interacting with your child. Create breaks in online learning to get away from the screen and if possible, play with toys or get outside.

Allow for free play – Set aside large chunks of the day to free play. You may have noticed in after a particularly busy day, you need to put your feet up and your child takes to playing. In letting them play by themselves, kids learn to self-regulate and are free to explore. If they don't gravitate on their own give, them a gentle push, for example move some toys into a pile next to them, hang laundry to start a fort, start colouring or drawing yourself.



FIND OUT MORE

1300 our eap (1300 687 327)

info@convergeintl.com.au

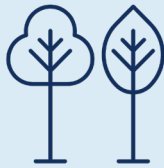
convergeinternational.com.au

Converge
INTERNATIONAL

THE IMPORTANCE OF PLAY-BASED-LEARNING FOR KIDS

Follow your child's lead – Get down to their level. Play alongside them. This can enhance the child's sense of appropriate control, self-regulation, and self-confidence. Provide an opportunity for the child's access to focused, uninterrupted adult attention, for example set aside 10 minutes per day where you participate in whatever activity the child chooses.

Get outside – Outdoor play is also excellent for children as they learn cause and effect, appreciation of nature and benefit from fresh air. They also develop coordination and it is



fun! It opens a great range of activities, from potted plants to community gardens, skip rope to obstacle course, scavenger hunts to treasure maps.

Introduce material – Different textures and colours add interest and peak curiosity. This can include everyday household items, for example tongs to pick up small items, oven mitts can be a makeshift puppet, a colander with pipe cleaners or dry pasta can act as wonderful sources of entertainment.

Play with others – Wherever possible during these times and deliberately once restrictions allow, embrace opportunities to play with other children. Through these opportunities, they learn to cooperate, negotiate, develop greater empathy, problem-solve and be kind. Virtually this may include online chats, online children games or talking with friends and family using video-based platform.

Think outside the box – Feel free to come up with your own, allow your child to think outside the box, get really to look silly in public or a cup of tea and stimulating conversation with several stuffed friends.

NOTES



FIND OUT MORE

 1300 our eap (1300 687 327)

 info@convergeintl.com.au

 convergeinternational.com.au

Converge
INTERNATIONAL 