

WHAT IS BEING TAUGHT THROUGH PLAY

Cognitive/Language

Distinguishes between reality and fantasy
Encourages creative thought and curiosity
Allows for problem-solving
Encourages thinking, planning
Develops memory, perceptual skills, and concept formation
Learns to try on other roles
Acquires knowledge and integrates learning
Learns communication skills
Develops listening and oral language skills

Creative

Fosters use of imagination and make-believe
Encourages flexible thinking and problem-solving
Provides opportunity to act upon original ideas
Supports taking risks
Learns to use senses to explore
Recreates images in buildings and art media
Sharpens observational skills
Provides variety of experiences
Learns to express self in art, music, and use symbols
Acquires other perspectives

Social

Tries on other personalities, roles
Learns cooperation and taking turns
Learns to lead, follow
Builds a repertoire of social language
Learns to verbalize needs
Reflects own culture, heritage, values
Learns society's rules and group responsibility
Shows respect for others' property, rights
Teaches an awareness of others
Learns how to join a group
Builds awareness of self as member of a group
Gives sense of identification
Promotes self-image, self-esteem
Experiences joy, fun

Physical

Releases energy
Builds fine- and gross-motor skills
Gains control over body
Provides challenges
Requires active use of body
Allows for repetition and practice
Refines eye-hand coordination
Develops self-awareness
Encourages health and fitness

Emotional

Develops self-confidence and self-esteem
Learns to take a different viewpoint
Resolves inner fears, conflicts
Builds trust in self and others
Reveals child's personality
Encourages autonomy
Learns to take risks
Acts out anger, hostility, frustration, joy
Gains self-control
Becomes competent in several areas
Takes initiative