

The Power & Purpose of Play

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Play and learning are like two wings of a butterfly—one cannot exist without the other.

~Carlina Rinaldi

World Economic Forum

Key skills 2022

ANALYTICAL THINKING

INNOVATION

ACTIVE LEARNING

CREATIVITY

INITIATIVE

PROBLEM SOLVING

CRITICAL THINKING

EMOTIONAL INTELLIGENCE

Creativity
is the key to
success.

2019 LINKEDIN RESEARCH

WHAT IS THE SKILL COMPANIES
NEED MOST?

Top 7 Qualities of Google Employees

IS A GOOD COACH

EMPOWERS TEAM

CREATES AN INCLUSIVE TEAM ENVIRONMENT

COMMUNICATES AND LISTENS WELL

HAS A CLEAR VISION/STRATEGY FOR THE TEAM

COLLABORATES

SUPPORTS DEVELOPMENT AND DISCUSSES
PERFORMANCE

What makes a
successful
team?

FEEL SAFE

FEEL VALUED

JUDGEMENT FREE

Yale University's Most Popular Class Ever: Psychology of the Good Life or **Happiness**

POSITIVE PSYCHOLOGY

PRACTICING GRATITUDE

MINDFULNESS

PERFORMING ACTS OF KINDNESS

FORMING SOCIAL CONNECTIONS

How do
children
become...

CREATIVE

SELF DIRECTED

COLLABORATIVE

EMOTIONALLY RESILIENT

PROBLEM SOLVERS & EFFECTIVE
COMMUNICATORS

The answer is
simple...

LET THEM BE LITTLE.

Scientists have recently determined that it takes approximately 400 repetitions to create a new synapse in the brain – **unless it is done with play**, in which case it takes between 10 and 20 repetitions.

~Dr. Karyn Purvis

The research confirms...

A better predictor of a child's academic success in the 8th grade is **how well they socialize** with their peers in the 3rd grade.

Seven Types of *Play*

Imaginative Play

Fluid movement between reality and pretend
cardboard box, fairies and superheroes

Essential skills learned...

CREATIVITY

PLAN, PREPARE, TEST, REVISE

EMPATHY

EMOTIONAL RESILIENCE



Cooperative Play

Uniting to achieve a common goal.
Combining resources & brain power.

Essential skills learned...

COMMUNICATION SKILLS

NEGOTIATION AND COMPROMISE

TEAMWORK & FAIRNESS

SHARING & EMPATHY



Constructive Play

using objects in an organized goal oriented way to make something.

Blocks, legos, sand, sticks

Essential skills learned...

BRAINSTORMING & PLANNING

PERSISTENCE & ADAPTABILITY

REASONING & PROBLEM SOLVING

FOCUS & FOLLOW-THRU

RESILIENCE & GRIT



Active Play

Energetic and free form...Chasing, hiding, jumping, tumbling, wrestling, spinning, bouncing, swinging

Essential skills learned...

GROSS MOTOR SKILLS

BODY AWARENESS

SOCIAL AWARENESS & COOPERATION

JUDGE RISK MORE EFFECTIVELY...



Dramatic Play

dressing up, role play

Essential skills learned...

INTERPERSONAL SKILLS

EMPATHY, COOPERATION & NEGOTIATION

EMOTIONAL REGULATION



Solitary Play

Essential skills learned...

SELF RELIANCE

DECISION-MAKING SKILLS

CREATIVITY

RELAXATION



Rules Based Play

Child led games, board games, lawn games

Essential skills learned...

LANGUAGE SKILLS... EXPLAIN,
QUESTION, NEGOTIATE

REASONING SKILLS

TEAMWORK

GOOD SPORTSMANSHIP



What can we do
today?

SCHEDULE IT

GO OUTSIDE

LET THEM BE BORED

EMBRACE MESSY

MODEL IT

CREATE THE NEIGHBORHOOD

BE A TRUSTFUL PARENT

Play is intrinsic to the human being from birth. It is a **source of knowledge, relationships, interactions and learning.** It is from play that every child comes to form his or her individuality and role in the community.

~ Jennifer Vega



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