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Benefits of Learning Through Play

Play is the pathway to learning for children. Play provides opportunities for exploration and social interaction. It creates positive emotions and fosters imagination and creativity. Play improves gross and fine motor skills and provides a sense of accomplishment. Play creates meaningful opportunities for exploring and learning about the world.

"Play is often talked about as if it were a relief from serious learning. But for children, play IS serious learning. Play is really the work of childhood."

Mr. Fred Rogers

The first ever International Day of Play was declared by the United Nations and took place on June 11, 2024. It is intended to serve as a global reminder of the importance of promoting play for all people, especially children. Play is included as a basic right of every child in Article 31 of the UN Convention on the Rights of the Child.

Play supports intellectual, social/emotional, and physical growth. It's the pathway to learning for young children. Yogman et al (2018) suggests that play is so important, pediatricians should be provided with information about its benefits and actually write prescriptions for play. Healthy bodies go hand in hand with healthy minds.

Access to the full text Blog Post:

<https://juneberrylearning.com/blogs/news/why-we-focus-on-playful-learning>

Sources

International Day of Play: A Day for Play. <https://www.internationaldayofplay.org/>

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