Unit 5
Importance of Play in Development

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Objectives

- define the characteristics of play
- describe the role of play in development
- observation of children’s play as a means to understand their development
- explain the kinds of play
- describe the factors that influence play
What is play?

- Play is fun
- Play is enjoyable for its own sake;; own reward. Provides satisfaction to children.
- Activity in which participation is spontaneous and of the child’s will.
- Children take their play very seriously.

Why do children play?

- Practicing life skills. Children prepare for adult roles.
- Expending energy
- Relaxation
- Escaping
Role of Play in Development

- Play promotes Cognitive Development
  - Provides opportunities to examine, explore, find out answers to their questions, discover and learn for themselves, understand the reasons.
  - In play children have freedom to choose things which interest them. Will choose neither too difficult nor too easy; challenging and interesting; learning becomes pleasure not burden
  - Learn by doing
Role of Caregiver

- Help children understand their discoveries
- Extend the child’s discovery
- Provide/ create opportunities for discovery
- Plan / Structure activities in such a way that lead to discovery
- All concepts can be taught through play
Children imagine what it is to be like someone else. Children learn appropriate behaviour by imitation during play.

Make believe is part of children’s play.

Play provides a flexible situation which allows the child to be creative.

Nurtures imagination. It helps the child to deal with day-to-day situations.

Play promotes Physical and Motor Development

- Depends on maturation and opportunities to practice – play provides opportunities to practice both gross and fine motor skills
Play Helps in Acquiring Language

- Playful interactions with caregivers give the child plenty of opportunities to hear the language and motivate her to speak.
- Pre reading and pre writing skills are learnt during play activities.
- Play helps in fine motor development which is required for writing.

Play helps in learning to be Social

- Daily interactions help the infant to develop sense of self.
- During play, the infant begins to understand the effect she has on people and objects in the environment.
- Exploring gives her confidence and feelings of independence.
- Learning to share, follow rules, taking another’s point of view. Imitate adults. Learn adult roles and appropriate behaviour.
- Learn about different types of occupations, festivals, traditions and beliefs.
Play Helps in Emotional Development

- Opportunities to express emotions
- Permits expression of feelings and emotions which may not be allowed in other situations

Play helps in Academic Readiness

Play as a means of understanding Children’s Development

- Provides information about: Children’s abilities, level of understanding and Personality traits
Play and Learning

- In Infancy thought develops through activity
- Children learn by doing
- Play holds child’s attention
- Learning through play is fun
Kinds of Play

- Free and Structured Play
- Outdoor and Indoor play
- Individual and Group play
- Vigorous and Quiet play
- Sensori motor and symbolic play
Factors Affecting Play

- Age - kind of play, content of play, amount of time
- Gender – The play activities of infants are similar-involves exploration of their bodies and objects nearby; physiological differences or social expectations
- Culture – influences child rearing practices, rich variety of mother-infant games in India. Themes of children’ play, toys
- Social Class – time, materials, space, parental guidance
- Ecology and Setting– crowded city vs. open rural set up
- Media- Books require active participation of children. Television requires children to sit passively.
- Quality of experience provided by caregivers
Thank You