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Let's Have a Ball



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Play

- Every child is born with the right to play but for many children their right to play is being challenged
 - Child labor and exploitation
 - War and neighborhood violence
 - Poverty
 - Hurried and pressured lifestyle
 - Increased focus on the fundamentals of academic preparation (yes, this important but there needs to be a balance and many varied opportunities should be offered to children)

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All Children need time to Play!!!

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- We need to always make activity **enjoyable** for children
- Play is essential to development and contributes to
 - Cognitive
 - Physical
 - Social
 - Emotional well-being

- Play:
 - is fundamental to life
 - contributes to the overall development of your child
 - is a significant means for your child to
 - Explore
 - Express
 - Discover many aspects of life
 - promotes bonding
 - promotes creativity

- Play enhances every part of child's development
 - Gross motor skills
 - Fine motor skills
 - Eye hand coordination
 - Language development
 - Cognitive capacities
 - Interpersonal and social skill
 - Imagination
 - Dexterity
 - Emotional strength

- Play allows children to
 - Create and explore their world
 - Engage and interact in their world
 - Conquer their fears
 - Master their world
 - Develop new competencies that lead to enhance confidence
 - Develop resiliency that need to help face future challenges
 - Learn to share
 - Learn to negotiate

- Play allows children to – 2
 - Learn to resolve conflicts
 - Learn self-advocacy skills
 - Learn decision-making skills
 - Learn to move
 - Discover their own interest
 - Ask questions
 - Use their imaginations
 - Gain muscle control
 - Gain balance
 - Gain coordination

- It is recommended that children have at least 30 minutes daily of structured physical activity like playing on the playground, going for a walk, or being in a parent-and-child tumbling class
- It is also recommended that children have at least 1 hour of unstructured free play each day when they can explore and play with toys

- Each new skill lets them progress to the next one, building on a foundation that leads to more complicated physical tasks
 - such as jumping rope
 - kicking a ball on the run
 - turning a cartwheel
- Playing and learning are completely natural for children, so mastering physical skills should be **fun and games** for them.
- Provide many opportunities to practice their developing skills while providing supervision so they stay safe while they learn.

- Movement is very closely integrated with learning. Aside from making new and stronger neuron connections, modern science has also discovered that movement (e.g., aerobic) releases hormones in the body that stimulate growth of new and healthier brain cells.

Movement and Learning

- Hand-eye coordination and manual dexterity will also improve through play.
- When the muscles of the hand are weak, or when the fingers have not learned to work together well, the child often compensates by using a poor or faulty pencil grip.
 - <http://www.ot-mom-learning-activities.com/hand-exercises-for-kids.html>

- Reading from left to right is hard for children who have difficulty at the midline of their bodies. It is particularly difficult for boys.
- Physical activity is related to brain activity, and children who can skip, balance, jump, and hop read better than those who can't. Coordination skills play an important role in becoming a good reader, we can help by encouraging physical activity and outdoor play, especially during the summer.

– <http://www.teacher-support-force.com/>

- Physically active students have demonstrated higher test scores, better concentration and less disruptive behavior.

- In a study of 193 people believed to have Alzheimer's disease, researchers found that people who participated in fewer leisure activities between the ages of 20 and 60 were 3.85 times more likely to develop Alzheimer's.

- "Exercise is the single most powerful tool to optimize your brain function." John J. Ratey, MD author of ; Spark, The Revolutionary New Science of Exercise and the Brain
- "A passive life is not best for the brain." said Dr. Robert P. Friedland at University Hospitals of Cleveland.

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- Spark, The Revolutionary New Science of Exercise and the Brain
– By John J. ratey, MD
- The Importance of Play in Promoting Healthy Child Development and Maintaining Strong Parent-Child Bonds
– By Kenneth R. Ginsburg MD, MSEd, and the Committee on Communications, and the Committee on Psychosocial Aspects of Child and Family Health

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