

The Importance of Play...

“Play allows children to use their creativity while developing their imagination, dexterity, and physical, cognitive, and emotional strength.

Play is important to healthy brain development... allowing children to create and explore a world they can master, developing new competencies that lead to enhanced confidence and the resiliency they will need to face future challenges.

Undirected play allows children to learn how to work in groups, to share, to negotiate, to resolve conflicts, and to learn self-advocacy skills. When play is allowed to be child-driven, children practice decision-making skills, move at their own pace, discover their own areas of interest, and ultimately engage fully in the passions they wish to pursue.”