NATIONAL INSTITUTE FOR EMPOWERMENT OF PERSONS WITH MUTIPLE DISABILITIES

[Department of Empowerment of Persons with Disabilities (Divyangjan), Ministry of Social Justice & Empowerment, Govt of India)

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Effectiveness of play

WHAT IS A complex set of behaviours characterized by fun and spontaneity

Play can be sensory, neuromuscular, cognitive and any combination of the three

Play involves repetition of experience, exploration, experimentation and imitation of one's surroundings

Types of play

unoccupied play : The child Observes environment & plays with hand and feet

Solitary play: The child plays alone.

Don't notice other children playing

Onlooker play: The child watches others at play but do not engage in it.common in children aged 2 3 yrs

Parallel play:The child plays with different toys but close to others.
Common in children aged 2 1/2 to 4yrs

Associative play:
The child interact and
play with others but the
activity is not organized
or coordinated

Cooperative play:
The leader in play
gives roles to peers.
Work together on one
common goal in their
play ideas

Positive effects of play

1.visual 4.probelm 8.eye hand discrimination solving 5.self coordination 5. creativity and control 9.learning imagination 3. 6.empathy 10.brain social skills 7.physical skills development

Consequences of less play

Affects

1.social skills

2. empathy

3.creativity

4.self discipline

5. curiosity

6.passion for learning

Ref: https://activelearningspace.org/principles/what-is-play https://4dvisiongym.com/the-importance-of-play-and-its-impact-on-vision-development/