



# Effectiveness of play

## WHAT IS PLAY ?

- ✨ 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

<p><b>unoccupied play :</b> The child Observes environment &amp; plays with hand and feet</p>	<p><b>Solitary play:</b> The child plays alone. Don't notice other children playing</p>	<p><b>Onlooker play :</b> The child watches others at play but do not engage in it. common in children aged 2-3 yrs</p>
<p><b>Parallel play :</b> The child plays with different toys but close to others. Common in children aged 2 1/2 to 4yrs</p>	<p><b>Associative play :</b> The child interact and play with others but the activity is not organized or coordinated</p>	<p><b>Cooperative play :</b> The leader in play gives roles to peers. Work together on one common goal in their play ideas</p>

## Positive effects of play

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

## Consequences of less play

- Affects
1. social skills
  2. empathy
  3. creativity
  4. self discipline
  5. curiosity
  6. passion for learning