



Play is important for children because it...

1. Provides them with the opportunity to express their emotions.
2. Gives children a feeling of empowerment in a world that caters to adults.
3. Helps children prepare for adult life by learning cooperation, negotiation and compromise.
4. Allows children to practice and improve their skills in math, reading, science, the arts and social studies.
5. Develops communication skills.
6. Allows children a chance to discover who they are and what they enjoy doing.
7. Engages children in problem-solving.
8. Gives children opportunities to develop abstract thinking skills (especially imaginative play).
9. Encourages children to better understand others and develop feelings of empathy.
10. Gives other avenues for children to express themselves.
11. Promotes autonomy.
12. Provides opportunities to exercise their large and small muscles.