

PLAYTIME MATTERS: UNLOCKING THE POTENTIAL OF PLAY

CWIL 

CENTER · WELLNESS · INNOVATION · LEARNING



INTRODUCTIONS



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SLATON**

HOW DO WE DEFINE PLAY?



Play is a voluntary, intrinsically motivated activity that fosters cognitive, social, emotional, and physical development in children. It is characterized by flexibility, creativity, and a lack of externally imposed goals or outcomes.

PHYSICAL

running, climbing

IMAGINATIVE

role-playing, pretend play

STRUCTURED

games with rules

SOCIAL

playing with peers





PLAY MEMORIE S

TURN AND TALK



THE SCIENCE OF PLAY: SUPPORTING DEVELOPMENT

How does play support your child's development?



Cognitive

Play enhances problem-solving, creativity, and critical thinking.

Building Blocks
Story-Telling



Social-Emotional

Play helps children process emotions, develop empathy, cooperation, and self-regulation.

Sharing
Role-Playing



Physical

Play improves gross and fine motor skills through activities like running and manipulating objects.

Outdoor play is essential for overall health.



RISKY PLAY

WHAT IS RISKY PLAY?

- **Risky play** refers to activities
- that allow children to explore uncertainty, test their physical limits, and engage with a level of perceived danger.

climbing high
structures

balancing on
uneven surfaces

playing
rough-and-tumble
games





“CHILDREN CAN ONLY LEARN
HOW TO *NOT* GET HURT IN
SITUATIONS WHERE IT IS
POSSIBLE TO GET HURT...”

—JONATHAN HAIDT
THE ANXIOUS GENERATION, PAGE 52



MEANINGFUL PLAY AT HOME



UNSTRUCTURED

Allow freedom for children to create their own rules and narratives without predefined outcomes



DIVERSE MATERIALS

A variety of objects and materials spark imagination and encourage exploration



CHILD-LED

Be a facilitator, not a director



A WORD ON SCREEN TIME

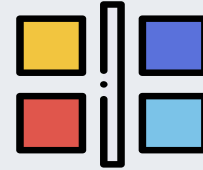


PASSIVE

consumption-based, less interactive

watching shows, movies,
or YouTube

digital storybooks



ACTIVE

encourages interaction,
learning, or movement

interactive apps

adult co-viewing and
engaging

video calls



CONSIDER: "SPECIAL TIME"

HOW TO HAVE “SPECIAL TIME”



P PRAISE

R REFLECT

I IMITATE

D DESCRIBE

E ENJOY

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