Benefits of Play - Dorothy G. Singer - Yale University

Cognitive development:
- imagination
- creativity
- abstract thinking
- problem-solving
- mastering new concepts - learning about the world around them

Affective development:
- self-confidence
- self-esteem
- anxiety reduction

Social development:
- empathy, perspective-taking
- cooperation
- sharing
- turn-taking
- conflict resolution
- self-control (control of impulses and aggressive behavior)

Physical development:
- large motor skills
- fine motor skills
- self-help skills

Attentional development:
- attention regulation
- concentration
- persistence

Language development:
- communication skills - expressive language and receptive language
- vocabulary growth
- story telling - the sequence of a story - beginning, middle, and end
- emergent literacy - learning about books, beginning to sound letters, rhyming

When you play with children you are:
- providing a meaningful context for children to learn concepts and practice skills
- making learning fun and enjoyable
- encouraging children to explore and discover together and on their own
- encouraging children to experiment and take risks
- providing opportunities for collaborative learning with adults and peers
- providing relaxation, release of energy, tension reduction
- encouraging self-expression