



The opposite of play is not work, it's depression."

-Brian Sutton-Smith
play scholar

Play is both a source of immediate happiness and how children develop the confidence to face the bumps in the road of life.

Many children are suffering today from play deprivation.



Play is fundamentally important for learning 21st century skills."

-American Academy of Pediatrics

Children are designed by nature to learn by playing on their own, without input from adults.



You can't teach creativity. You have to let it blossom, and it blossoms in play."

-Peter Gray
play researcher



For more about how children learn these lessons in play, please visit <http://bit.ly/prescribepplay> or scan below.



WHAT EVERY PARENT SHOULD KNOW ABOUT **PLAY**



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FREE PLAY (playing on their own) is how children fulfill basic psychological needs and learn essential skills. →



Free play is the primary way children satisfy the three basic psychological needs essential for everyone's happiness and mental health

—autonomy, competence, and relatedness.

1. Autonomy

People of all ages are happier, emotionally healthier, and perform better when free to make many of their own decisions. Play is something children freely choose. It is the primary way they learn to make decisions.

2. Competence

Mental health also requires a sense of competence. As children play, they become skilled, competent, at activities that matter to them.

3. Relatedness

Children need connection and friendship, not just with parents and other adults but also with other kids. Play is the primary way children connect. For children under age 12, a friend is, almost by definition, someone you play with.

Lessons children learn in free play with other children (play they create themselves, without adults).

1.

How to take initiative and solve their own problems.

2.

How to cooperate with others—negotiate, compromise, and attend to others' needs.

3.

How to create and follow rules.

4.

How to regulate fear and anger.

5.

How to think creatively and imaginatively.

6.

How to succeed at activities that interest them.

