

Play isn't a break from learning.
It is learning.

Research shows that play helps
children develop...

problem-solving skills


emotional regulation

communication skills

empathy and cooperation

creativity

resilience



Fill your playtime with kindness

Invite someone new to join your game.

Help someone who is struggling or feeling left out.

Share equipment and take turns.

Pass on the fun and let others choose the game.

Say thank you to someone you enjoyed playing with

Encourage a friend who finds something tricky.

Spread smiles!