



why play matters

Play is essential for children's growth, development, learning, and well-being! It's not just fun, it's how children learn best.

During play, children are fully engaged, which makes learning really last. They develop the skills they need for school and life:

critical thinking

problem solving

social skills

creativity & curiosity

writing skills

math skills

language skills

athletic abilities

managing feelings

play and brain development

Play helps young brains grow strong. When children play, they're actually building and strengthening the connections in their brains. Different types of play develop different brain areas:

- Playing with things builds sensory brain connections for all future learning
- Building with blocks helps children understand how objects relate
- Pretending helps children be creative and solve problems
- Playing with others helps children understand feelings and learn to be good friends
- Playing games help children learn to control impulses and persist through challenges

Play helps children learn better, be healthier, and handle challenges as they grow up.

LET'S
PLAY!



Learn more at
ctoec.org/play

