



THE PURPOSE OF PLAY

Research suggests that play is important in promoting healthy child development. According to the American Academy of Pediatrics (AAP), play is vital in developing the whole child because it contributes to one's cognitive, physical, social, and emotional well-being. Dr. Kenneth Ginsberg, in a 2007 clinical report for the AAP, noted that "play is so important to optimal child development that it has been recognized by the United Nations High Commission for Human Rights as a right of every child." (page 182)

POTENTIAL BENEFITS OF PLAYING WITH GOGO'S CRAZY BONES

- Cognitive development
- Decision making skills
- Fine motor skill development
- Math skills
- Cooperative play
- Introducing low levels of competition (when age appropriate)
- Social skill development
- Negotiation skills
- Conflict resolution
- Creativity
- Child-led rather than adult-led activity
- Sensory integration
- Critical thinking skills
- Increased physical activity
- Improved behavior in the classroom
- Leadership skills
- Decreased exposure to electronic media
- Language development
- Spatial awareness
- Kinesthetic awareness

DR. CATHERINE SCHAFF

Dr. Catherine Schaff is an award-winning educator with over 20 years of experience in elementary education. In addition to her Doctorate in Educational Psychology, Dr. Schaff's areas of expertise include health and wellness for children as well as integrating educational activities into instruction that enhance children's social-emotional development through play.

"Play is important for children – it is their 'work'. Therefore, if one believes that a child's play is the equivalent of his or her work, then it follows that a child's toys are his or her tools. Play is how children learn."