

# Important Benefits of Play-Based Learning

## Creativity

Open-ended play encourages outside the box thinking, imagination, invention & flexibility.

## STEM Thinking

Play encourages Children to build, explore, experiment and question the world around them.

## Cultural Awareness

Play fosters inclusivity and understanding of diversity.

## Brain Skills

Play supports planning, goal-setting, focus and adaptability skills.

## Language Skills

Play encourages conversational turn taking, negotiation, new words & expression of ideas.

## Social-Emotional Regulation

Guided play fosters self-regulation, resilience, empathy & problem solving.

