



Learning Through Play

Information for Parents and Carers

twinkl

What is Play?

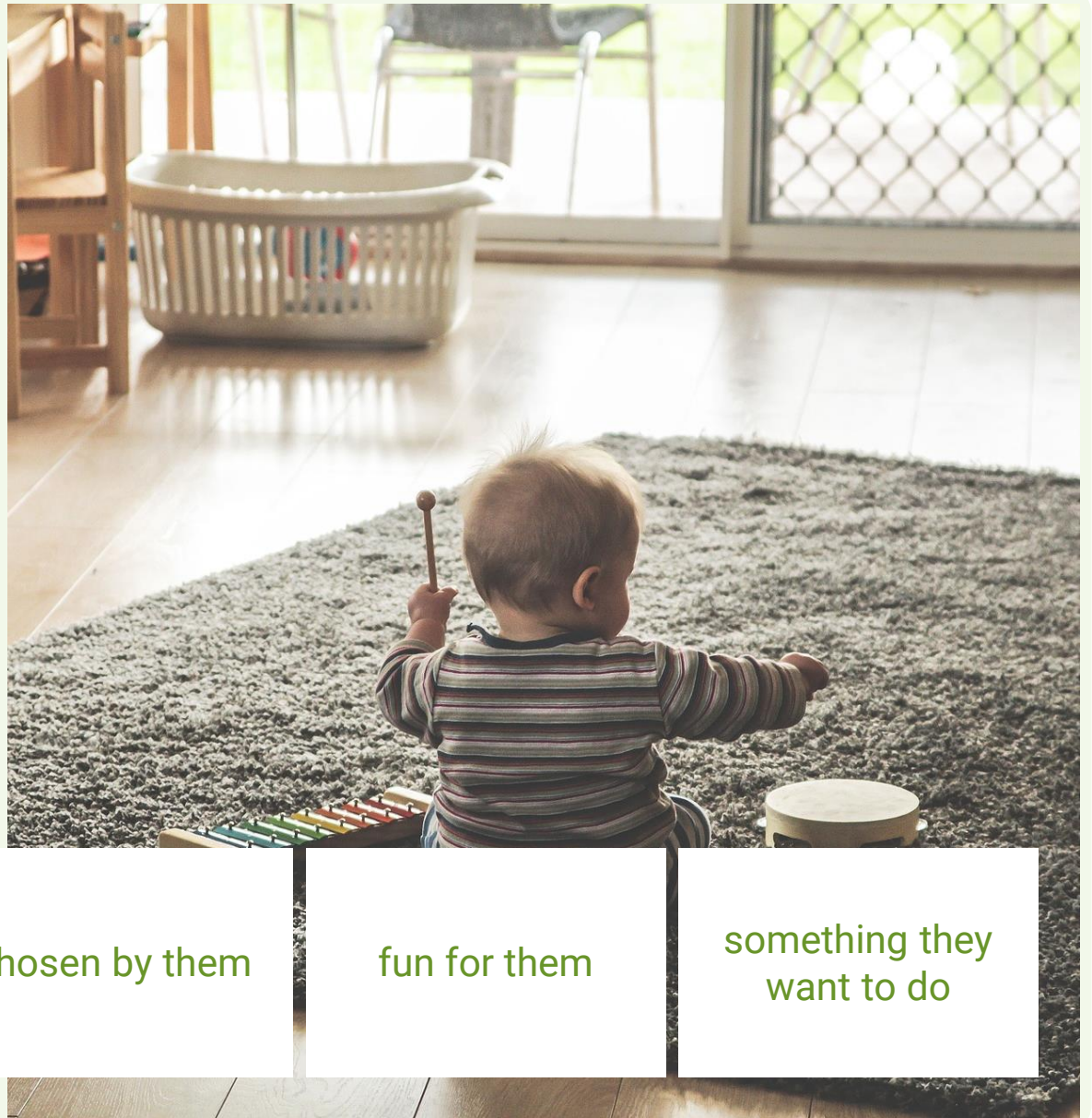
Play can be any activity, imaginary or with toys, that is:

interesting
for them

chosen by them

fun for them

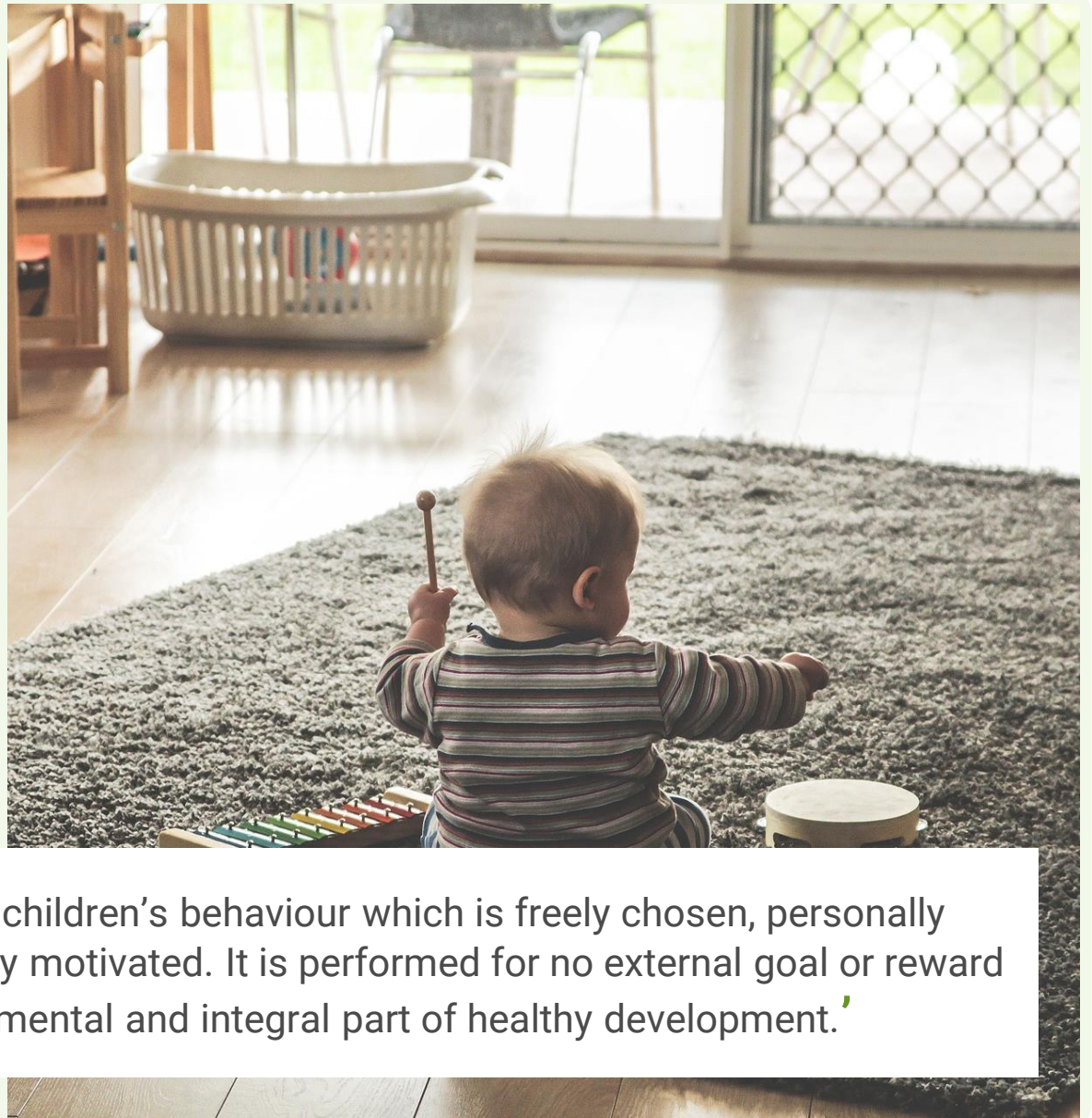
something they
want to do



What is Play?

The Scottish Government's National Strategy for Play (2013) stated that:

'play encompasses children's behaviour which is freely chosen, personally directed and intrinsically motivated. It is performed for no external goal or reward and is a fundamental and integral part of healthy development.'



Children Have the Right to Play

Article 31 of the United Nations on the Rights of the Child (UNCRC) affirms

‘the right of the child to rest and leisure and to engage in play and recreational activities appropriate to the age of the child’



Why Should Children Play?

Play is essential for developing:

cognitive skills

social interaction

physical skills

imagination

creativity

emotional regulation

communication skills

resilience

wellbeing

Why Learn through Play?



Young children naturally explore and learn through play. Play is a fun, motivating and meaningful way to learn. It enables children to learn at their own level and pace while making connections.

Learning through play can also provide continuity across early level between nursery and Primary 1 and help to support transitions.

Types of Learning through Play

Free Play or Child-Lead Play

Free play or child-led play is entirely initiated and directed by the child. The adult's role is to observe and interact if the opportunity arises to extend learning, following the child's interests.

Adult-Led or Active Learning

Adult-led play, sometimes called Active Learning, is initiated and directed by the adult. Specific learning intentions are planned for by the adult.

The Role of the Adult during Play

The adult will:

- observe the child playing;
- interact with the child and participate in their play when appropriate;
- challenge the child's thinking by commenting, modelling, pondering and questioning;
- add resources to extend and deepen learning;
- plan activities, next steps and evaluate learning.





How Can I Support My Child's Learning through Play?

- Value play as a valid form of learning.
- Talk to your child about what they enjoy playing with at nursery or school.
- Spend time playing with your child at home following their interests.
- Extend your child's learning through quality interactions (questions, comments, wondering out loud, modelling language).



How Can I Support My Child's Learning through Play?

If you have any questions relating to Learning through Play, please contact the Headteacher who will be happy to meet with you and answer any questions.

Editable box for staff:

Contact Information: *Please insert the Headteacher's contact information for your school, e.g. name, address, phone number and email address or Local Authority point of contact.*

Further Reading

Play Scotland

Upstart

**Play Strategy for
Scotland: Our Vision.
The Scottish
Government (2013)**

**Building the Ambition.
The Scottish
Government (2014)**

