

1

Did you know...
play is a
right of the child?



Play is recognized as a fundamental right under the UN Convention on the Rights of the Child (Article 31).
Every child has the right to rest, leisure, and engage in play that supports their development and well-being.

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Did you know...
play supports
children's well-being?



Play reduces stress, boosts mood, and helps children build resilience.
It supports mental, emotional, physical, and social well-being.

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Did you know...
play builds brain
development?



Through play, children strengthen critical thinking, problem-solving, memory, and creativity.
Play creates neural connections that support learning across all areas of development.

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Did you know...
play develops social
and emotional skills?



Through play, children learn how to communicate, collaborate, and build relationships.
Play supports emotional regulation, empathy, and confidence.

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Did you know...
play is how children
make sense of the world?

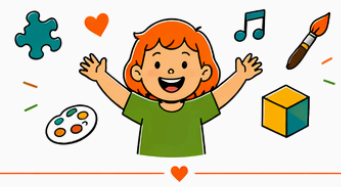


Play allows children to explore ideas, test theories, and solve problems in meaningful ways.
It supports creativity, imagination, and flexible thinking—skills needed for lifelong learning.

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Did you know...
playful learning experiences
optimize learning?



Research shows that children learn best when experiences combine play and intentional teaching.
(Zosh et al., 2017; Hirsh-Pasek et al., 2020)

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Reflection Question



How does recognizing play as a right change the way we support children and families?

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Reflection Question



In what ways have you seen play positively impact a child's well-being?

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Reflection Question



How can we create more opportunities for play to support brain development in all children?

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Reflection Question



How does play help children build the relationships and emotional skills they need to thrive?

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Reflection Question



How can we honor children's curiosity and wonder through more playful opportunities for exploration?

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Reflection Question



How can you intentionally blend play and teaching to maximize learning outcomes?

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