

# "WHAT ARE YOU DOING?" THE IMPORTANCE OF INDEPENDENT PLAY

Sometimes, kids can't answer right away when we ask, "What are you doing?"  
Because sometimes, they don't know yet! Sometimes, they're just busy doing.

When kids are engaged this way, in independent, self-directed play, they are choosing what to play and making up their own rules for how to play – maybe even changing it as they go along. And doing so is really important for their learning and well-being.



PROMOTES  
PERSEVERANCE

1

BUILDS  
SELF-ESTEEM

2

Exploring and playing independently allows kids to use their creativity and natural abilities to learn about themselves and the world around them.

3

BUILDS SELF  
CONFIDENCE

IMAGINATION

4

PROMOTES  
PROBLEM-  
SOLVING SKILLS

When you notice your kids engrossed in an independent, self-directed activity, try just letting them play for a while! They are likely concentrating and figuring something out – you can ask them what they were doing later.

