

# FREE PLAY IS PLAYFUL LEARNING

When kids are allowed to play in whatever way they want - when they can choose the materials and the actions and activities - they are free to express themselves in the way they choose.

During free play, kids use their imaginations to engage themselves and lead the play, which builds independence.

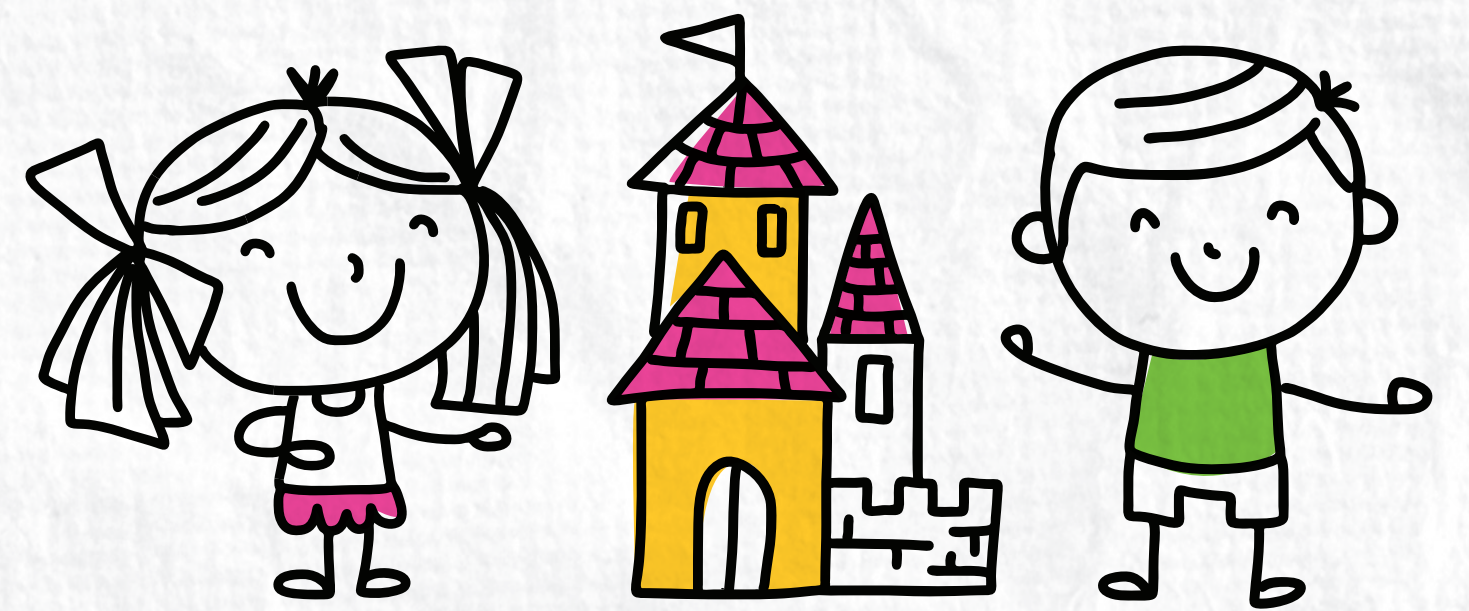


When they are expressing their own thinking during free play, kids learn problem solving skills, coming up with solutions through their play.



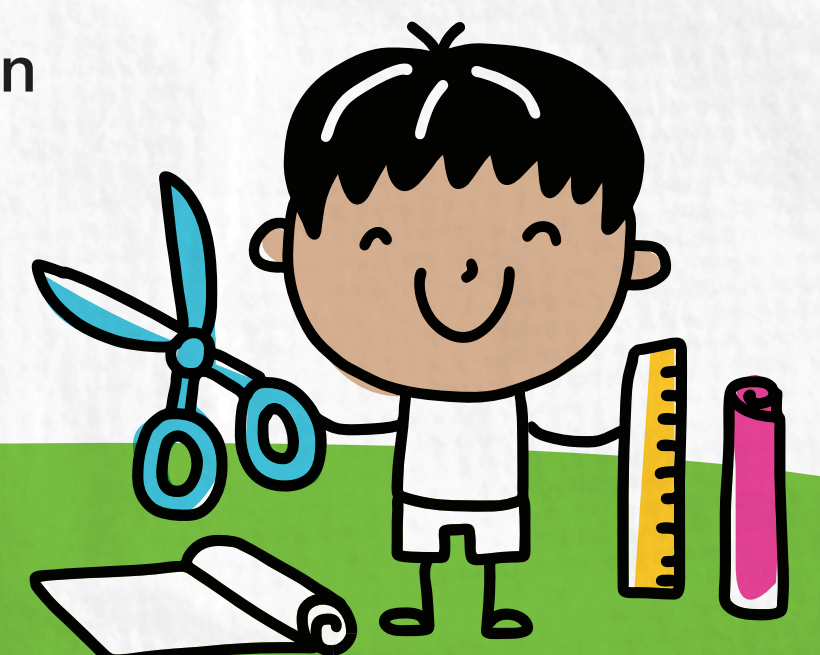
Free play invites kids to explore their world in their own way. This encourages:

- Creativity
- Confidence
- Decision-making
- Self-regulation



Free play is also a time for kids to learn social skills and to build relationships by promoting:

- Collaboration
- Communication
- Empathy
- Conflict resolution



But the best part about free play?  
**IT'S FUN!**



Make time for free play throughout your kids' day. Let them run, explore, create, and make believe, and try not to intervene unless they need some help or a little guidance. And don't forget to go outside! Your kids will be twice as active and even more curious in the fresh air.

