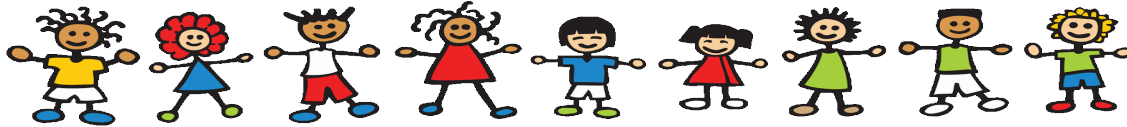




Building Brains and Futures



Play-based Learning to Enhance Brain Function

Children's play is critical for brain development such that it empowers children to build physical, mental and social skills through the interactions with other children and provides opportunities for self-expression and awareness and develops a healthy disposition for adventure.

Studies show that, “play also has important links to **developing key skills** that serve as the foundation to life-long success, including critical thinking, communication, problem solving, and collaboration”.¹



Play is thought to **foster positive emotional health** that could strengthen children's confidence and trust in others that

It is believed that during brain development, children need to have many experiences that **engage all of the senses** to contribute to higher-order thinking.





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Play-based learning environments are also considered more effective learning environments than are memorization-based learning environments.

Play is also considered to foster language development in children. By using imaginary play and role playing with others, children learn dialogue more efficiently and quickly making them good playmates and easy to engage in various activities.

[From <http://www.bostonchildrensmuseum.org/power-of-play>]

Come and visit **Building Brains and Futures...One Connection at a Time** at www.buildingbrains.me for games that have shown to *enhance executive function, increase self-regulation, reduce impulsive behaviour and enhance emergent literacy* just by adding more play into children's daily routines:

Red Light/Green Light

Simon Says

Stroop

Musical Freeze

Pretend Play

Circle Time with Lips and Ears

Shared Project

Wait-for-It

Dimensional Change Card Sort

Right is Right

Emotional Charades

On Facebook, *Buildingbrainsand Futures*, we share research has taught us about the most up-to-date findings about children's sensitivities, sensory issues, electronic devices and ways to improve their emerging language skills.