15 Reasons to Encourage Play

➢ Practice skills and learn new skills
➢ Focus attention
➢ Promote problem solving
➢ Integration of senses
➢ Promote creativity and imagination
➢ Master difficult emotions
➢ Try on identities and define one’s sense of self
➢ Form a mental model of the world
➢ Practice self-control or inhibition
➢ Acquire the rules of social life
➢ Exercise mastery motivation and intrinsic self-esteem
➢ Help create a sense of control and competency
➢ Help distinguish between fantasy and reality
➢ Practice narratives
➢ Promote positive emotions!!