

# Play

## Is More Than Fun And Games

Play is how children ages 0-3 develop connections in the brain and learn about the world around them. **Learning by doing can include:**



### CONNECTING WORDS

with actions, like skip, jog and jump.



### LEARNING CONCEPTS

over, under, around and through.



### IMPROVING MOTOR SKILLS

throwing, kicking and running.



### BUILDING MUSCLE MEMORY

crawling, reaching and grabbing.



## Children develop socially when they play together

They learn important skills that they will need and use at school. **Play gives young children the opportunity to:**



Interact with children outside of the family.



Play together and take turns.



Learn how to handle conflict and frustration.

# Steps

Great strides begin with small steps.

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