

# When I engage in free play, among other things I develop...

Free play is not time wasted or busy time between educational activities. Rather, free play is an endless source of learning opportunities that promote children's overall development.



## Physical and motor



- My fine motor skills by lacing, threading, drawing, making play dough, playing in the sand, using tongs and cutting.
- My gross motor skills by playing sitting down, standing, kneeling, lying down, moving, crawling, jumping, walking on my tiptoes and carrying objects.

## Cognitive



- My attention span and ability to plan by engaging in games. My creativity and mental flexibility.
- My symbolic function, creativity and mental flexibility by dressing up, coming up with scenarios, playing with figurines, building, using free and versatile materials, tinkering and making music.
- My awareness of mathematics by sorting, counting, grouping, comparing.

## Language



- My language, by talking to myself, babbling, creating dialogues, playing with my voice, singing, talking with my friends and my educator, asking for something.
- My exposure to reading and writing and the development of my writing skills by drawing, pretending to write, looking at books, tracing shapes, listening to stories.

## Social and emotional



- My relationships with others, by collaborating, sharing materials and space, playing together or next to each other, imitating, bonding.
- My social and emotional skills by expressing my emotions and resolving my conflicts positively, independently or with the support of my educator.
- My autonomy and my ability to take initiative and make choices.