



The value of Preschool Activities: Play is Learning!



When your child builds with blocks:

-  She learns to use her imagination to create something from her own thinking.
-  She has the satisfaction of being able to make something.
-  She learns about sizes and shapes, weights and balances, height and depth, smoothness and roughness.
-  She is exercising her body.
-  She learns to play with others.

When your child paints:

-  He is more concerned with the process he is going through than with a finished product.
-  He learns about colors and how he can use them.
-  He learns to use his imagination and transfers his ideas to paper.
-  He gets emotional satisfaction from being able to express himself.
-  He learns how to use small muscle coordination to handle a brush.
-  He learns how to make choices and decisions.

When your child uses outdoor equipments:

-  She learns how to use her body effectively.
-  She experiences joy in achieving a skill.
-  She has fun and experiences relaxation through bodily movement.
-  She learns the limitations of her body.
-  She learns safety and caution.
-  She learns to take turns and to share a piece of equipment.

When your child plays in the housekeeping corner:

-  He learns what the role of mother, father and children are.
-  He understands what it feels like to play at being somebody other than himself.
-  He learns how to cooperate with other children.

When your child makes a gift out of paper and paste:

-  She learns about doing things for others.
-  She learns how to use materials such as scissors and paste.
-  She learns how to use her imagination to make the kind of present she has in mind.
-  She learns about shapes, sizes, colors, and textures.

When your child plays in the sand or water:

-  He finds it soothing to bury his hands in sand or pour water in and out of cups.
-  He is able to relax with these types of media and center his attention on a task.
-  He has an opportunity to play alone and not to have to compete with other children as with some activities. This is especially important to a child who has trouble getting along with others.
-  He has a great opportunity to learn about size, capacity and measurement, experimenting with measuring spoons, cups and different sized containers.
-  He learns which things float in water.
-  He is not concerned with the final product, so he does not find it frustrating.

When your child works with puzzles:

-  She has an opportunity to work alone or together with other children.
-  She gains satisfaction in completing a puzzle and builds herself confidence.
-  She has an opportunity to improve her eye-hand coordination.
-  She will use skills learned in doing puzzles later when she learns to read - putting letters to sounds, making words with letters, and making stories with words.
-  She learns to play with others.

When your child cooks:

-  She learns to follow directions.
-  She stimulates and uses all five senses.
-  She learns to recognize colors and shapes from different kinds of foods and kitchen utensils.
-  She has an opportunity to use different tools and equipment to improve small muscles coordination.

When your child listens to music, sings or dances:

-  He learns to appreciate music from different countries, cultures, and time periods.
-  He learns to express himself and his ideas.
-  He increases his vocabulary.
-  He gains satisfaction from participating in an activity that can be fun, physical, and enriching.

When your child plays with puppets:

-  She is able to verbalize her feelings using words.
-  She can begin to understand the feelings of others.
-  She can role-play and perhaps find solutions to situations that may disturb her.
-  She stretches her imagination.

When your child uses manipulative activities:

-  He explores new concepts, practices emerging skills and reinforces skills already mastered.
-  He develops fine motor skills.
-  He learns about classifying, sorting, predicting, problem solving, and analyzing results.
-  He develops his knowledge of the world around his using real objects and concrete examples.
-  He learns how to learn.

When your child uses technology:

-  She learns how machine works, and how they can help her learn more.
-  She practices eye-hand coordination.
-  She is able to learn the processes necessary to use technology.
-  She learns how to express his ideas through technology and share her ideas with others.