

Playing helps children develop

Playing is an important means for children to develop physically, emotionally, socially and intellectually

- **Fantasy play** – an intellectual exercise that helps a child's mind stretch, bend and change the real world into another world
- **Balance play** – develops body movement and control, helping children improve coordination and concentration
- **Ball play** – allows for development of hand-eye coordination, muscle development and fosters cooperative play where children must take turns or be part of a team
- **Climbing play** – develops and strengthens leg and arm muscles while helping to promote physical coordination, manual dexterity and hand-eye coordination
- **Manipulative play** – enhances fine muscle coordination, hand-eye coordination and concentration
- **Riding play** – skates, bicycles, scooters and other forms of riding play develop balance and strengthen the heart, lungs and lower body muscles and bones

