

Play and Creativity at East Park

Engaging with children and young people through play: Professional Development for staff



A definition of play...

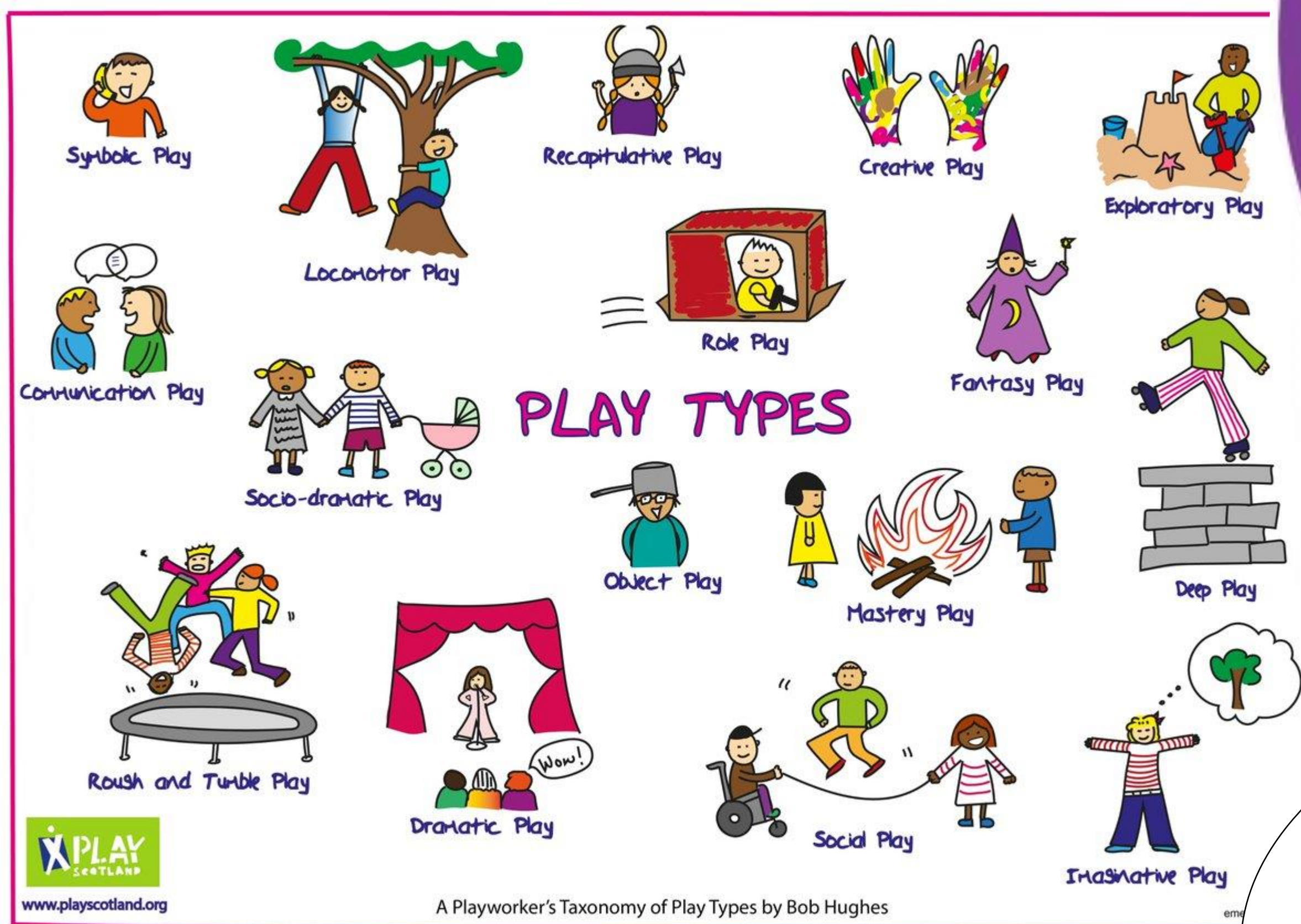
"Engage in activity for enjoyment and recreation rather than a serious or practical purpose."
Play means doing something for fun, rather than for practical reasons. The beauty of this definition is that there's no one way to play. Play doesn't mean just building with blocks or playing with cars. Play is versatile and can be different things to different people. For some people, it's climbing rocks. For others still, it's writing. For some, it's doing a quiz or making a painting.

Why play is important

Play allows children to use their creativity while developing their imagination, dexterity, and physical, cognitive, and emotional strength. Play is important to **healthy brain development**. It is through play that children at a very early age engage and interact in the world around them.

What is play?

Play is the universal language of childhood.
It is through play that children understand each other and make sense of the world around them.



'Creative people are curious, flexible, persistent, and independent with a tremendous spirit of adventure and a love of play.'

Henri Matisse



'Play is the work of childhood'

Jean Piaget

'As astronauts and space travellers children puzzle over the future; as dinosaurs and princesses they unearth the past. As weather reporters and restaurant workers they make sense of reality; as monsters and gremlins they make sense of the unreal.'

Gretchen Owocki



- At East Park:**
- Finding ways to engage our children and young people is paramount
 - Sensory Play is crucial for development
 - Play supports skill and language acquisition
 - Play is serious fun

- Resources and further reading:**
- Play Types Toolkit
 - UNCR
 - The Autism Toolbox 2019