

# INTRODUCTION

- ▶ Play is universal for all children.
- ▶ It is work for the and ways of their living.
- ▶ It pleasurable and enjoyable aspect of child's life and essential to promote growth and development.
- ▶ Play is the activity that has no serious motive and from which there is no material gain.
- ▶ Play is the work and language of children.– Lev Vygotsky

# DEFINITION

- ▶ "Play Therapy is based upon the fact that play is the child's natural medium of self-expression".

# IMPORTANCE OF PLAY



- ▶ Physical development
- ▶ Intellectual and educational development
- ▶ Emotional development
- ▶ Moral development

# PHYSICAL DEVELOPMENT

- ▶ Enhanced during play.
- ▶ Muscular and sensory abilities developed during running, climbing, riding cycle and in other active play.
- ▶ These activities help to strengthen muscle and to learn coordinated movements and skills.
- ▶ The young children learn to differentiate the sensations by visual, auditory and tactile stimulations through the use of play materials.

# INTELLECTUAL AND EDUCATIONAL DEVELOPMENT

- ▶ It promote during play. Children learn color, size, shape, number, distance, height, speed, name of the objects, etc. while playing with various toys and play things.
- ▶ Creative activity, problem solving, abstract thinking, imagination, communication and speech development occur during play.
- ▶ Children improve their attention span and concentration by playing.
- ▶ They can make difference of reality and fantasy through play.



# EMOTIONAL DEVELOPMENT

- ▶ Children express their fear, anxiety, anger, joy, etc. during play. It reduces stress and strain and removes irritability and destructiveness, thus enhances the coping abilities.
- ▶ It helps to communicate with others and outside world. Play acts as outlet of negative feeling and considered as safety valve to release emotional tension and reduce emotional trauma.
- ▶ It is recreation and diversion for the children. Play helps in socialization. Children become a social being through play.
- ▶ They learn interaction with playmates by sharing, understanding others and communicating.

# MORAL DEVELOPMENT

- ▶ Children learn morality from parents, teachers and other adults. During play with peers, child's behavior will reflect the right and wrong things, honesty, sportsmanship, and value system.
- ▶ Children show awareness about the needs and wishes of others and give importance to the friendship and cooperation.
- ▶ They learn norms of moral behavior and responsibility. They become creative and independent through play.
- ▶ They learn sex-role behavior in play.

# BENEFITS

of play for children



Play increases problem solving abilities



Strengthens language skills by modelling other children & adults



Gain understanding of shape, size & texture



Be creative and develop their imagination



Playing together teaches negotiation skills and sharing



Outdoor play allows children to be more active



Play strengthens the bond between parent and child



Shapes views and understanding of the world around them



Most importantly play should be to have fun and enjoy!



# TYPES OF PLAY

- ▶ PLAY is spontaneous and natural.
- ▶ Depends upon age, sex, interest, personality, ability, cultural pattern and socio-economic status of the child's family.
- ▶ Play, playtime and playmates decrease as the age increases.
- ▶ Play is a social behavior which differs in various age groups and depends upon the level of development.
- ▶ It is an individualized behavior.

# 1. INFANTS

- ▶ Usually engage in social affective play, i.e. they response by smiling, cooing to the interacting adult.
- ▶ In sense pleasure play, they learn and explore environment through various sensory experience.
- ▶ They develop skill through imitation.
- ▶ Young children also engage in sense pleasure play and skill play.

## 2. PRESCHOOL CHILDREN

- ▶ They enjoy dramatic play through which they identify themselves with adult and dramatize adult's behavior.
- ▶ Structured formal play begins to be played during later preschool years.

# 3. SCHOOL CHILDREN

- ▶ They enjoy competitive sports, games and they develop hobbies for recreation and diversion.
- ▶ School age children imitate and dramatize more complex activities even acting out stories in books.

## 4. ADOLESCENTS AND OLDER SCHOOL CHILDREN

- ▶ They engage in a more sophisticated type of fantasy activity called daydreaming.
- ▶ They spent their leisure time in competitive sports, operating computers, watching television, listening to the radio, hobbies, reading, etc.



# ACCORDING TO PARENT AND NEWHALL (1943)

- ▶ IN UNOCCUPIED PLAY
- ▶ SOLITARY INDEPENDENT PLAY
- ▶ ONLOOKER PLAY
- ▶ PARALLEL PLAY
- ▶ IN ASSOCIATIVE PLAY
- ▶ CO-OPERATIVE PLAY

# 1. IN UNOCCUPIED PLAY

- ▶ Child is not involved in play activity but may move around randomly, crawl under a table, climb on and off a chair or follow another person or just stand alone with least social involvement.

## 2. SOLITARY INDEPENDENT PLAY

- ▶ It indicates when the child plays alone independently.
- ▶ Toddlers and pre toddlers engage in this type of concentrating play with less interaction with others.

# 3. ONLOOKER PLAY

- ▶ Behaviour found when the child watches others play but does not become engaged in their play.
- ▶ The child may sit nearby or hear or see what others are doing or talking as he/she feels interest.

## 4. PARALLEL PLAY

- ▶ It is an independent play activity when the child plays alongside other children but not with them.
- ▶ They play similar or identical play as other children play.
- ▶ Toddlers typically play in this manner.



# 5. IN ASSOCIATIVE PLAY

- ▶ Social interactions occur between children.
- ▶ Common in preschool age group.
- ▶ They play with same thing and do similar activity.
- ▶ Conversation and association with peers are main interest.

# 6. COOPERATIVE PLAY

- ▶ It is found in preschool and school age children.
- ▶ They engage in formal game in group like football or dramatic play of life situation.

# Types of Play for Children

unoccupied



solitary



onlooker



parallel



associative



cooperative




# SELECTION AND CARE OF PLAY MATERIALS


- ▶ Safe washable, light weight, simple durable, easy to handle and non breakable.
- ▶ Realistic, attractive, constructive and offer problem solving opportunities.
- ▶ No sharp edges and no small removable parts which may be swallowed or inhaled.
- ▶ No over stimulating and frustrating.
- ▶ No toxic paints, non costly, not inflammable and not excessive noisy.
- ▶ Play things with electrical plugs should be avoided, only children over 8 yrs of age should be permitted to use them.

# SUITABLE PLAY MATERIAL ACCORDING TO AGE

- ▶ **4 WEEKS TO 4 MONTHS:-** bright and moving objects, hanging cradle toys, musical toys, balloons, rattles, etc.
- ▶ **4-6 MONTHS:-** soft squeeze toys, rattles, toy animal, balloons, etc.
- ▶ **7-9 MONTHS:-** squeeze and sound toys, cubes, plastic ring, rattle, etc.
- ▶ **10-12 MONTHS:-** motion toys, water play, blocks, doll, ball, musical toys, picture books or stiff cards, rocking horse walker, transporting objects, pull and push toys.



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- ▶ **TODDLERS:-** Fitting toys, pull-push toys, blocks, vehicles, ball, doll, pots and pans, household articles, mud or clay, crayons, picture books or cards, play telephone, doll house, etc.
  - ▶ **PRESCHOOL CHILDREN :-** Puppets, animals, dolls, doll house, carpentary tools, large blocks, paint materials, colored picture books, doctor set, hospital equipments, housekeeping toys, paper modelling clay, cooking materials, tricycles, etc.

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- ▶ **SCHOOL AGE CHILDREN:-** They prefer competitive formal organized and cooperative play. They like imitation and self-direction. They like games rather than toys.
  - ▶ Toys are popular upto 8 yrs of age. They enjoy games of muscular activity, running, climbing, swinging, etc.
  - ▶ Carpentry tools, painting materials, chess, cards, balls, crafts, music, puzzles, aquarium, maps, animals to make zoo or farm or pets, gardening, etc.