

PLAY BASED

Teacher Training Manual



**Equipping educators to support play
in and out of the classroom**

Acknowledgements

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Welcome!



Play is so important that it is considered a “right” by the United Nations. And yet, in today’s world play is often seen as a luxury, not a need.

Consequently, millions of children around the world do not have adequate access to play and are not developing to their full potential.

We all desire the very best for the children in our care, and we all instinctively know play is an important ingredient to a happy and healthy childhood.

What you may not be aware of is the research that has been carried out by doctors, psychologists, and child development experts in recent years, uncovering just how vital play is to healthy child development. Time and space to play is one of the most critical needs for a growing child - as essential to a their brain development as food. It has been shown that access to play has a dramatic positive affect on children intellectually, physically, and emotionally, with impact that lasts far into adulthood. Studies have shown that a child with access to play has better chances of going to university, getting a better job, and having a higher income as an adult.

In this manual, you will find the key knowledge and easy practical solutions to equip you to advocate for and promote access to play for the children in your care. You will discover the vast benefits of play for the developing child and gain a biological understanding of what drives children to play. The information in this manual will broaden your understanding of what play includes and what barriers exist that limit access to play for children around the world. We hope in this manual you will find tools and inspiration to utilize the resources in your own community to create opportunities for play.

We're glad you've joined us on this journey to explore the power of play. We're honored to stand beside you and support the important work you do every day.

- Elizabeth Moreno, Playground Ideas