

Play is the highest form  
of research

Albert Einstein



A photograph of three young children playing with colorful plastic blocks. A girl in a red shirt is on the left, a girl in a pink shirt is in the center, and a boy in a blue tank top is on the right. They are all focused on building a tall stack of blocks. The blocks are in various colors including green, yellow, blue, red, and orange. The background is blurred, showing other children and a colorful wall.

Children learn as they play.  
Most importantly, in play  
children learn how to learn.

O. Fred Donaldson

Play is often  
talked about  
as if it were a  
relief from  
serious  
learning. But  
for children  
play is  
serious  
learning. Play  
is really the  
work of  
childhood.  
Fred Rogers





It is paradoxical that many educators and parents still differentiate between a time for learning and a time for play without seeing the vital connection between them.

Leo F. Buscaglia

A close-up photograph of a young girl with long brown hair tied back, wearing a pink and purple sequined hooded garment. She is blowing bubbles from a purple bubble wand held in her right hand. Several translucent bubbles are visible in the air around her, reflecting light.

Children need the freedom and time  
to play. Play is not a luxury. Play is a  
necessity.  
Kay Redfield Jamison



Almost all creativity  
involves purposeful  
play.

Abraham Maslow

A photograph of two young girls playing in a sandy area. The girl on the left, with long blonde hair and wearing a pink shirt and red shorts, is crouching down, focused on something in her hands. The girl on the right, with blonde hair and wearing a white shirt and red shorts, is also crouching, looking down at her hands. They appear to be playing with sand or small objects. The background is blurred greenery.

Play is the only way the  
highest intelligence of  
humankind can unfold.  
Joseph Chilton Pearce



Play allows us to develop alternatives to violence and despair; it helps us learn perseverance and gain optimism.

Stuart Brown MD