

# WORDS ON PLAY

A new treatise on the value of play by noted play scholars!



Words On Play highlights the work of respected play authorities—our friends, mentors, and partners who continue to inspire us and who continue to shape our knowledge of the power of play.

We know play has a multitude of critical benefits and is the right of every child, and that through play they reach their highest level of development.

We hope this treatise, and its scholarly Words on Play will inspire and empower communities to advocate and demonstrate that investing in play results in healthy outcomes and social capital, and to support play every day!

## Respected play scholars provide evidence-based benefits of play

### Developmental Benefits

Powerful Effects on the Whole Child

**Outdoor play is extremely beneficial for all children, and a well-supervised playground can be one of the most exciting and interesting play areas available to children.**

Contemporary research across multiple disciplines reveals unprecedented insight into the developmental benefits of the abundant outdoor play opportunities that are available to children of all ages. The following is just a sample of this knowledge. Play provides the foundation for cognitive, physical, social, emotional, and mental health. It helps prevent disease and promotes emotional and physical health and healing. These benefits are evident across the life span. Play is a natural and healthy activity that is essential to the well-being of every child.

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### Nature

Infusing the natural world into the everyday spaces of childhood

**Humans are designed by biology to play throughout their entire lifecycle.**

A recent study conducted by children's independent research organization The Nature Conservancy in England. As a child in the 1950s, the green space was a natural and essential part of their lives. Today, the green spaces have been largely lost, and the children are missing out on the benefits of nature. The study suggests the importance of the natural world to children's development. It highlights the importance of nature in children's lives and the need to create more natural spaces for children to play in.

### Brain Development

The Science of Play Research

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The explosion of shared information that our current generation is consuming is forcing us to re-examine the role of play in our lives. Play is a natural and healthy activity that is essential to the well-being of every child. It helps prevent disease and promotes emotional and physical health and healing. These benefits are evident across the life span. Play is a natural and healthy activity that is essential to the well-being of every child.

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-Dr. Stuart Brown

It is through play that we share our abilities, make contact with our deepest self, and unleash our potential.

-Dr. Nilda Cosco

Due to its natural and voluntary nature, play is the most effective strategy for increasing physical activity in children.

-Dr. Louis Bowers



Promote the value of play in your community. To request a book or companion DVD, visit [www.playcore.com/wordsonplay](http://www.playcore.com/wordsonplay)



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Plus prizes through regular newsletter invitations to contribute!

We also invite you to E mail us anytime with your news, feedback, ideas, or to request a copy of this, or any of our program guides at [info@playcore.com](mailto:info@playcore.com)!



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