

IMPACT OF

CHILD-INITIATED ACTIVE PLAY ON 5 DIMENSIONS OF THEIR GLOBAL DEVELOPMENT

PROMOTE GROSS MOTOR SKILLS TO DEVELOP PROPER FINE MOTOR SKILLS

Before being able to sit down and hold a pencil, the child must develop his muscle tone, balance, coordination, and body awareness. A child is like a growing tree. Will a tree with a weak trunk and large leaves be able to withstand bad weather? The stronger the trunk, the more branches will be able to develop and grow leaves! Giving children the time to develop a strong trunk before they begin school is essential.

SELF-DIRECTED PLAY, WHAT IS IT?

Any fun activity that involves moving. It is free, spontaneous, not led by an adult, and the source of great fun! The child initiates and creates his own game. It can take many forms by soliciting different body parts at various intensities.

DID YOU KNOW THAT...

Between 1981 and 1997, there was a marked increase in the time spent on sedentary activities led by adults, and a 25% decrease in child-initiated play*.

High-energy active play allows the child to release its internal tensions, which will enable him to be better prepared to learn and to interact with its environment.

The active play has a great influence on creativity, social skills, as well as on the skills necessary for decision-making and problem solving.



*Reference: BURDETTE, L., and R. WHITAKER. *Resurrecting free play in young children*, *Archives of Pediatric and Adolescent Medicine*, 159: 46-50. 2005.