



The Little Grove  
LEARNING CO.

# THE POWER OF PLAY

Why Play Is One of Childhood's  
Most Important Teachers

*Learning through wonder,  
curiosity and  
connection.*



NURTURING WONDER, CONNECTION & BELONGING  
THROUGH NATURE-BASED LEARNING



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# WHAT IS PLAY-BASED LEARNING?

## *Learning Through Play*

Play-based learning recognises that children learn best when they are actively involved, curious and engaged in meaningful experiences that are led by their interests.

Play is not a break from learning—it is how children learn, grow and make sense of the world around them.



## THROUGH PLAY, CHILDREN LEARN TO:



### THINK

They explore ideas, ask questions and make connections.



### CREATE

They imagine, invent and express themselves in countless ways.



### PROBLEM SOLVE

They face challenges, try new strategies and find solutions.



### COMMUNICATE

They share ideas, listen, negotiate and build relationships.



### EXPLORE

They investigate, test their theories and satisfy their curiosity.



### UNDERSTAND THE WORLD

They make sense of their environment and their place within it.





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# WHAT CHILDREN ARE REALLY LEARNING DURING PLAY

*It might look like play... but it's so much more.*

Play is how children explore, experiment and make sense of the world. Here are just a few examples of the powerful learning happening every day.



## BUILDING A STICK CUBBY



They gather materials, test ideas, try different ways and keep going.

### THEY ARE ACTUALLY LEARNING...

- Planning and designing
- Engineering and construction
- Problem solving
- Cooperation and teamwork
- Persistence and resilience



## COLLECTING LEAVES



They notice patterns, compare, sort and wonder about what they find.

### THEY ARE ACTUALLY LEARNING...

- Observation and attention
- Classification and sorting
- Scientific thinking
- Memory and recall
- Care and respect for nature



## PRETEND PLAY



They create stories, take on roles and express big ideas in their own way.

### THEY ARE ACTUALLY LEARNING...

- Language and communication
- Creativity and imagination
- Social skills and empathy
- Emotional understanding
- Negotiation and turn-taking



## CLIMBING



They test their limits, take risks and learn to keep themselves safe.

### THEY ARE ACTUALLY LEARNING...

- Confidence and self-belief
- Risk assessment
- Physical strength and coordination
- Balance and body awareness
- Resilience and determination



*Play is not separate from learning.  
It is the foundation of it.*





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# WHY PLAY MATTERS

## The Benefits of Play

Play is more than just fun. It is the way children make sense of the world, build relationships and develop the skills they need for life.



### CONFIDENCE

*I can try.*

Play helps children trust themselves, take on new challenges and believe in their own abilities.



### CREATIVITY

*I can imagine.*

Through play, children explore ideas, experiment freely and express themselves in unique ways.



### RESILIENCE

*I can keep going.*

Play teaches children to persist, solve problems and bounce back when things get tricky.



### COMMUNICATION

*I can connect.*

Play builds language, listening skills and empathy as children share ideas and build relationships.



### PROBLEM SOLVING

*I can think.*

Play encourages curiosity and critical thinking as children find solutions in their own way.



### WELLBEING

*I feel capable.*

Meaningful play supports mental health, reduces stress and helps children feel happy and secure.



“

Play gives children a chance to practise what they are learning.

”

*- Fred Rogers*



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# SUPPORTING PLAY AT HOME

## *Simple Ways Families Can Encourage Play*

Play does not require expensive toys or carefully planned activities.

Often, the richest learning happens when children have time, space and freedom to explore their own ideas.



1

### LEAVE SPACE FOR BOREDOM

When children are not constantly entertained, they begin creating their own ideas, games and discoveries.



2

### PROVIDE OPEN-ENDED MATERIALS

Offer loose parts such as sticks, stones, fabric, boxes, shells and natural treasures that can be used in many different ways.



3

### SPEND TIME OUTDOORS

Nature provides endless opportunities for exploration, creativity, movement and problem solving.



4

### FOLLOW YOUR CHILD'S INTERESTS

Notice what captures their attention and allow their curiosity to guide play experiences.



5

### FOCUS ON THE PROCESS, NOT THE PRODUCT

Celebrate effort, exploration and creativity rather than aiming for a perfect outcome.

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# REFLECTION & FINAL MESSAGE

*Honouring the Work of Play*



TAKE A MOMENT TO REFLECT...



What kind of play does my child enjoy most?

.....  
.....  
.....



When do I see my child most engaged?

.....  
.....  
.....



How can I create more opportunities for play?

.....  
.....  
.....

## A FINAL MESSAGE

Childhood is not a race to the next milestone.

Through play, children build the foundations for lifelong learning, wellbeing and confidence.

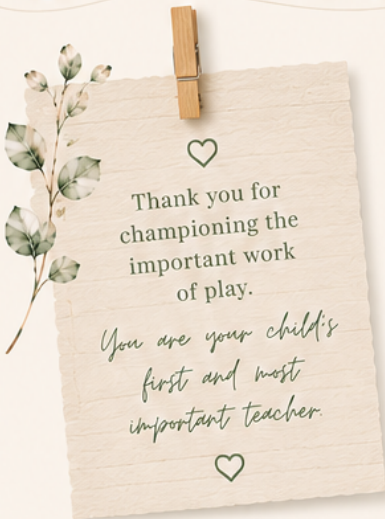
At The Little Grove Learning Co., we believe play is not something children do after learning.

*Play is learning.*



With warmth,

*The Little Grove Learning Co.*



♥  
Thank you for championing the important work of play.

*You are your child's first and most important teacher.*

