



# PLAY

Information Leaflet for Parents

## What is Play?

Play is a natural need that all human beings have although very few people will have thought about it and what it means.

The Oxford dictionary play is engaging in activity for enjoyment and recreation rather than a serious or practical purpose.

Play is said to be freely chosen, personally directed and intrinsically motivated, this means that:

1. It is our own choice of what we play, what resources we use in our play and how we use them.
2. We decided what we want to play from what interest us.
3. It is inside us all and own sake without goals

Play can be done in groups as a social activity or as an activity on their own.



comes from the child for its or rewards.

social activity or as an activity



## Who can play?

Everyone and anyone can play in some form due to it being inside us all (it is just waiting to come out - so give it a go).

## Why is play Important?

It is every child's right to play according to The UN Convention on the Rights of the Child (1989).

There are many benefits to play:

- Play allows children to learn through play and experience new things.
- Through play they can express themselves, experience new things and have FUN and laughter.



- Social skills can also be learnt and developed as they make friends and communication skills used when they talk and interact with their friends, this can also help to build their confidence.
- They also get to mix with other children who they might never normally mix or play with.
- It can aid child development.
- Allows them to use up energy. Be healthy and active.
- When children play they experiment and investigate and also try things out without fear of getting things wrong or making mistakes. This helps them to know what they are capable of and what works.
- **Ultimately play is fun!!**



There are many more take a look at the Charter for Children's Play.



### What we offer at the Ark

We offer children of primary school age from St Bede School a safe space in which they can play with their friends. There are a range of resources, equipment and activities on offer. Children are allowed to choose what they would like to do and are invited to offer suggestions about what they would like to see available. Due to the safe environment and staffing ratios children's play can be managed to make sure that everyone is safe despite some types of play and what children can get up to being risky (this allows for children to have a go at things without worrying about making mistakes or getting things wrong - providing a learning opportunity).

### Playwork Principles

There are eight playwork principles which we work by which describe what is unique about play and playwork, and provide us with a perspective for working with children.

1. All children and young people need to play. The



impulse to play is innate. Play is a biological, psychological and social necessity, and is fundamental to the healthy development and well being of individuals and communities.

2. Play is a process that is freely chosen, personally directed and intrinsically motivated. That is, children and young people determine and control the content and intent of their play, by following their own instincts, ideas and interests, in their own way for their own reasons.
3. The prime focus and essence of playwork is to support and facilitate the play process and this should inform the development of play policy, strategy, training and education.
4. For playworkers, the play process takes precedence and playworkers act as advocates for play when engaging with adult led agendas.
5. The role of the playworker is to support all children and young people in the creation of a space in which they can play.
6. The playworker's response to children and young people playing is based on a sound up to date knowledge of the play process, and reflective practice.
7. Playworkers recognise their own impact on the play space and also the impact of children and young people's play on the playworker.
8. Playworkers choose an intervention style that enables children and young people to extend their play. All playworker intervention must balance risk with the developmental benefit and well-being of children.



### Want to find out more

- <http://www.playwales.org.uk/>
- <http://www.playwork.co.uk/information-resources.aspx>

Or come and speak to one of us about what we do. We will also aim to answer any questions you have. Just Google "play" and see what you find.

*Finally, just have a go and join your  
children for a good play!*