

Values of Play

Value of climbing

- Develops large muscle co-ordination and skills (especially good for arm and chest muscles).
- Promotes good posture.
- Develops confidence (self image enhancement).
- A child can see his or her own progress.
- Develops awareness of body-space relationships.
- May relieve tension.
- Gives opportunity for dramatic play.
- Gives an opportunity to play either near others or with them.
- It is a source of fun and pleasure.

Value of puzzles and manipulative materials

- Develops small muscle and eye/hand co-ordination.
- Develops awareness of shape, colour and size.
- Gives opportunity to solve problems.
- Gives satisfaction of achievement.
- Develops concentration.
- Opportunity to work alone or with others.

Value of a library corner

- Helps the child find enjoyment in a quiet relaxing activity.
- The child learns how to care for books.
- Helps the child appreciate books and to use them as a source of:
 - Enjoyment.
 - Information.
 - Knowledge.
 - Networks.

Values of Play

Value of painting

- Provides opportunity to be creative – to use imagination.
- Helps to develop hand/eye co-ordination and controlled rhythmic movement necessary for letter writing.
- Provides an opportunity to develop express and clarify his her ideas.
- Can be a means of communicating other than speech.
- Provides an opportunity for sensory experience with the use of two dimensional space.
- A legitimate messy activity.
- Provides a accepted outlet for feelings.
- Gives enjoyments.
- Aids in developing concentration.
- An opportunity for working alone or with others.

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