

15 Reasons to Encourage Play

- Practice skills and learn new skills
- Focus attention
- Promote problem solving
- Integration of senses
- Promote creativity and imagination
- Master difficult emotions
- Try on identities and define one's sense of self
- Form a mental model of the world
- Practice self-control or inhibition
- Acquire the rules of social life
- Exercise mastery motivation and intrinsic self-esteem
- Help create a sense of control and competency
- Help distinguish between fantasy and reality
- Practice narratives
- Promote positive emotions!!