Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood.

– Mr. Rogers
Play by ages and stages:

- **Toddlers**
  - Side-by-side independent play with friends

- **Young preschoolers**
  - Playing in a group but still “doing their own thing”

- **Infants & young toddlers**
  - Sensory exploration and cause-and-effect

- **Preschool**
  - Activities such as tumbling or making faces with other children

- **Preschool to kindergarten**
  - Group play involving rules
Play will...

- Develop brain power and imagination
- Promote physical health
- Build meaningful relationships
- Reduce stress
- Explore creativity
- Improve communication
Every day kids need...

- At least 60 minutes of active free play.
- 60 minutes of games or sports.
- Active play contributes to muscle and bone development and helps prevent childhood obesity.
- Not to be still for more than 60 minutes at a time.
Through play, kids learn...

- conflict resolution
- resiliency
- teamwork
- confidence

Play helps children be school ready! Kids develop the skills to interact with others, turn thought into action, and create!
At least 15 minutes of sunlight a day builds immune systems, produces Vitamin D, and encourages healthy sleep patterns.

Children spend 50% less time outside than they did just 20 years ago.
Play is the highest form of research.
-Albert Einstein
Want to play locally?
Here are some great parks, play spaces, and activity centers to check out!

City of Bloomington Parks & Recreation  bloomington.in.gov/parks
Monroe County Parks & Recreation  mcparksandrec.org
Monroe County Public Library  mcpl.info
Boys & Girls Clubs  bgcbloomington.com
Owen County Public Library  www.owenlib.org
Girls Inc.  girlsinc-monroe.org
Monroe County YMCA  monroecountyymca.org
Owen County YMCA  owencountyymca.org

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www.first5la.org/articles/just-how-much-do-kids-need-to-get-out-play

www.MonroeUnitedWay.org