A World Without Play?

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“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.”

Fred Rogers
Video: Outdoor Learning, Forest Friends

Friends_Nursery_FINAL_720p.mp4
Brain Development

Functions of the Brain:
- Voluntary eye movement
- Voluntary movement
- Motor skills development
- Motor and speech production
- Higher intellect
- Self control
- Inhibition
- Emotions
- Sensation
- Language comprehension
- Vision
- Memory
- Equilibrium and muscle coordination
- Auditory
<table>
<thead>
<tr>
<th>Curiosity</th>
<th>results in</th>
<th>Exploration</th>
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<td>Exploration</td>
<td>results in</td>
<td>Discovery</td>
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<td>Pleasure</td>
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<td>Repetition</td>
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<td>Mastery</td>
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<td>New Skills</td>
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<td>Self esteem</td>
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<td>Self esteem</td>
<td>results in</td>
<td>Sense of Security</td>
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<td>Security</td>
<td>results in</td>
<td>More Exploration</td>
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Physical development is at the heart of child development

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<tr>
<th>Proprioceptive:</th>
<th>Vestibular:</th>
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<tr>
<td>Running</td>
<td>Sliding</td>
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<tr>
<td>Jumping</td>
<td>Swaying</td>
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<tr>
<td>Climbing</td>
<td>Spinning</td>
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<td>Crawling</td>
<td>Swinging</td>
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<tr>
<td>Hanging</td>
<td>Rocking</td>
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Exercise cues the building blocks of learning in the brain and is the single most powerful tool to optimise brain function.

Ratey & Hagerman (2008)
Core Strength

Poor standing posture

- Hollow lumbar spine
- Pelvis tipped forwards
- Knees hyper-extended

Good standing posture

- Ad well balanced
- Narrow lumbar curve
- Hips extended
- Pelvis vertical
Physicality links to Writing

Fundamental Skills required

Gross Motor Skills
Bilateral Integration
Dexterity
Grasp
Find Motor Control
RESILIENCE:

WHAT CHILDREN REALLY NEED

- Other children
- Natural World
- Challenge and risk taking
- Playing with identity
- Movement
- Rough and tumble
- Using their senses (7)
Building friendships:
Where’s play going?

Overscheduling

- Kills creativity and curiosity
- Over reliance on adult agenda
- Being bored is good
Access to outdoor space
Fear of Injury

Risk – benefit assessment
OVERUSE OF TECHNOLOGY
CURRENT RESEARCH EVIDENCE:

- DUNCOMBE, (2017)
- GUAMGGAO, ZHAO ET AL (2017)
References

- Edwards S, Outreach Education Coordinator Surrey Wildlife Trust.
- White J, Making a mud kitchen – website http://janwhitenaturalplay.wordpress.com
- Meech, H from Outdoors and Nature Engagement