

FAMILY RESOURCE

The Importance of Play During Times of Stress



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Play is important for children (and adults!) of all ages. Play helps children develop skills that prepare them for life. When they play outdoor games, they are often working on their motor skills. When they play make believe, they are enhancing their imagination and creativity. When they play with construction sets and blocks, they are working on their problem solving skills and even emerging math skills. But did you know that play is also important for our social and emotional health? Engaging in play can reduce stress, allow children to work through difficult experiences, foster friendships, and increase happiness. This is particularly important during stressful times such as the pandemic. The International Play Association wrote a great article about the importance of play during times of crisis that talks about the benefits of play and gives parents helpful hints for how to play with their children during these difficult times. Click here for the article: [The Importance of Playing in Crisis](#).

Tags:

Art

Creative thinking

Health & Wellness

Problem-Solving

Social-emotional learning

Grade Levels: Pre-K through High School

Age Levels: Choose from this list. Delete those that do NOT apply.

- Birth-36 months (infant/toddler)
- Pre-K 3-5 yrs (preschool)
- 5-6 yrs (kindergarten)
- 6-8 yrs (primary)
- 9-11 yrs (elementary)
- 11-14 yrs (middle school)
- 14-18 yrs (high school)

Developer:

Karena Rush

Credit:



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