The Importance of Children’s Play

Alice is building its own imaginative kingdom, brick by brick. The magical turrets and fire-throwing dragons, giant witches and super heros, she started building a creative world. Even though she does not know about it, this imagination will aid her in taking the initial step towards her potential for creativity, which will lead to major consequences in the future.

After a few minutes, Alice completely neglected her imaginative kingdom to play with her younger brother in school. Whenever she commands her brother as a teacher, she gets to know how to control her emotions through pretence. After a while, when they get bored of playing games at school and end up with a board game, she learns the importance of discipline by following rules and switching partners.

According to Dr. David Whitebread, 'play in all its rich variety is one of the biggest milestones of human beings'. He is a faculty in the Education department at Cambridge University, situated in the UK. It explains how we as humans grow as intellectual, problem-solving adults and how important it is for our success in life. We all know the importance of play for more than two millennia; the great Greek philosopher Plato revealed its wisdoms as a form of enhancing abilities for the adulthood period, and concepts of play-inclusive teaching launched in the 19th century.

We are in a time where the world never stops changing. In this case, Whitebread is concerned about the decreasing trend in play worldwide, highlighting that more than half of the human population is living in urban areas like cities. "The fun in playing freely, which I was fortunate enough to have every day of my childhood days, is rarely seen in this period" he said. Outdoor sports and playing has been severely damaged by bringing restrictions due to fear of risk of traffic. Moreover, parents' over-carrying to protect their children from being victimised and by emphasising 'earlier is better' which leads to more competitiveness in academics.

The United Nations, European Union and other international bodies kick-started the process of framing policies pertaining to children's right to play and considering implications for extra-curricular facilities and learning programmes. However, they lack proof and evidence to frame the right policies.

The form of play we are curious about is child-oriented, quick and unimaginable. But when you go and ask a five-year-old to "play", you become a researcher who is introspective' as explained by Dr. Sara Baker. 'And we must understand what the long-term effect of the play is. It's an absolute hurdle to encounter' as agreed by Dr. Jenny Gibson. He emphasised that even though certain steps in the puzzle of how and why play is significant to consider, there is little data and information on the implication on the child's life as they grow older.

We must be thankful to the university's newly launched Centre for Research on Play in Education, Development and Learning (PEDAL), Whitebread, Gibson, Baker, followed by a group of research scholars expecting to give evidence on the responsibility given by play in how a child grows. Meanwhile, Baker observed that a strong chance for playing could lead to early growth of children's behaviour of self-control. In addition to that, there is a skill upgrade to develop an awareness of our cognitive process and how to face the challenging tasks.
There was also a research done by Baker with toddlers and preschool kids, where she got to know that children having more self-control are able to solve issues quickly. It is done while unearthing an unfamiliar form necessary for scientific reasoning. It naturally enables us to think that letting the children play will lead them to become more successful in problem-solving in the longer-period.

If such playful moments supplement this aspect of growth and development, as per the researcher’s opinions, it must be highly-recommended for academic practices. Because the control to self-regulate is considered a major indication to determine academic performance. Adding to that, Gibson stated that 'Playful trait is an important aspect to predict healthy social and emotional development. However, in my old study, I intervened how children while playing leave us imperative things to notice like their well-being and helpful in diagnosing autism and other neurodevelopmental disorders.

Similar to the other research, Whitebeard's newly-published research consists of developing a play-oriented approach to develop children's writing skills. Since many students in school find difficulty in writing, they were allowed to play, which created a playful stimulus that was more effective than the traditional method of instructions. It was observed that children who played with dolls could write longer and well-structured stories having creative characters in the content. In the recent study, children started creating their story with Lego*, having results that are more or less the same. Many tutors mentioned that they earlier had children who didn't know what to write. Using the Lego building, no single kid said this throughout the year.

Whitebread, directed by PEDAL, attained training to become a primary teacher in school in the early 1970s during the time when, he narrated 'the teaching of young children was hugely a backwater, without distrubed by any other intellectual debate or controversy' Presently, the land is very distinct, with more relevant topics debated like the starting age for schooling, etc.

At some point the significance of play was left unnoticed in the recent past. It was regarded as trivial, sometimes a bad thing to do contradicting the work. However, we must dig deep into the benefits and the basic contributions to human society at large with respect to the arts, science and technology. From now on let us ensure children have a good amount of playful experiences from childhood.

Questions 1 - 5

Match the correct statement with the letter

1. Dr. David Whitebread suggested that play in all its rich variety is
2. Children having more self-control are
3. teaching of young children was hugely a backwater
4. United Nations kick-started the process of
5. The decreasing trend in play is due to
A. Without disturbed by other intellectual debate  
B. one of the highest achievements of human history  
C. right to play for children  
D. human population living in cities  
E. More likely to solve problems quickly

Questions 6 - 10

Do the following statements agree with the information given in the reading passage?

Write

TRUE if the statement agrees with the information  
FALSE if the statement contradicts the information  
NOT GIVEN if there is no information on this in the passage

6. Gibson observed that playing could lead to early growth of children's self-control  
7. Baker stated that 'Playful traits are important to know healthy social and emotional development'  
8. In the later period, playing was considered as trivial  
9. Due to lack of evidence, international bodies couldn't frame the right policies  
10. Researchers highly-recommend institutional learning rather than playing for children

Questions 11 - 13

Complete the summary below.

Choose NO MORE THAN TWO WORDS AND/OR NUMBER from the passage for each answer.

Since many students in school find difficulty in 11. ____________, they were allowed to play, which created a playful stimulus that was more effective than the traditional method of instructions. It was observed that children who played with dolls could write longer and well-structured stories having creative characters in the content. In the recent study, children started creating their story with 12. ____________, having results that are more or less the same. Many tutors mentioned that they earlier had 13. ____________ who didn't know what to write. Using the Lego building, no single kid said this throughout the year.