



DEEP ROOT

— EDUCATION —

PLAY FOR PURPOSE | LEARN FOR DEPTH

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FREE GUIDE

— PARENT & CARER SERIES – 01 —

WHAT IS PLAY?

Play is not a break from learning...
Play *is* how children learn.



When children play, they are developing...



Communication
& Language



Problem
Solving



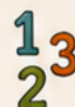
Creativity &
Imagination



Independence &
Confidence



Emotional
Wellbeing



Mathematical
Thinking

These skills build the foundations for lifelong learning and success.

What play looks like



Exploring
Investigating the
world around them



Pretending
Using imagination,
storytelling and
role play



Creating
Drawing, making,
building and
designing



Building
Constructing,
problem solving
and persevering



Experimenting
Testing ideas,
taking risks and
finding out

WHAT ADULTS SEE...



They are
just playing.



They are just
messing around.



It's just
a game.



VS

WHAT'S REALLY HAPPENING



They are developing concentration,
planning, problem solving and
perseverance.



They are exploring, making
connections, testing ideas and
developing language.



They are learning important
social skills, taking turns,
negotiating and understanding
rules.



Why it matters

Play gives children the time, space and freedom to think deeply, make connections and develop the skills needed for life. Through play, children become curious, resilient, creative and confident learners – building strong foundations from the inside out. ❤️

As parents and carers, you can...

- ♥ Trust the process – play is powerful.
- ♥ Join in, follow their lead and ask open questions.
- ♥ Celebrate their ideas, not just the end result.
- ♥ Give them time, space and opportunities to play every day.



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