

Some of what is learned during Play

Executive function skills

These skills are directly linked with school and life long success

Delay gratification
Self-regulation
Emotional regulation
Problem solving
Perspective shifting

Social Skills

Language skills
negotiation, compromise, collaboration
social ordering (leader, follower, etc...)
personal responsibility
self help skills



Some of what we learn through process oriented Art

Pre-Writing Skills

Fine motor skills/ hand-eye coordination

Color Identification,

Saturation, patterning

Color mixing to make new colors

Creativity, Symmetry

Negative/Positive space

Cause and Effect



Some of what we learn through our sensory experiences

(i.e.- water, sand, ooblick, etc...)

Exploring our senses

Fine motor skills

Concepts of soft, hard, smooth, rough, bumpy, slimy, oily, dry, wet

emotional regulation

Science: chemistry, physics, nature, etc...

Properties and other concepts: absorption, displacement, measurement, cause and effect, sensory and tactile awareness, solid, liquid, suspension, drainage, conservation, volume, mass, saturation, estimation



Some of what we learn through Dramatic Play

Self-help skills, self-regulation / control, social skills, power/control

face fears and conflict, re-create familiar scenarios, internal/external dialogue

social responsibility

collaboration, cooperation, negotiation creativity

forward thinking/planning

imagery/symbolism (pre-literacy skills)

sensitivity, social awareness

flexibility/role shifting



Some of what we learn while using Blocks, Loose Parts, and Manipulatives

Problem solving skills and Creativity

Fine motor skills, Spatial relationships, Visual perception

Pre-math skills: 1 to 1 correspondence, sorting, seriation, patterning, classification, and counting

Concepts of color, shape, smooth, hard, more, less, big, small, apart, together, stack, build, balance, function, stability, gravity,

Some of what we learn while playing with toys

(i.e. cars, animals, people, dinosaurs, etc...)

Pretend / Representative thinking, symbolism (pre-math, and pre-reading skills)

Concepts of community, concepts of speed, classification

Characteristics of animals, dinosaurs, etc...



Some of what is learned through Rough and Tumble Play

Motor coordination, creativity, emotional attachment, self-control, resisting temptation, reasoning, focused attention, working memory, problem solving, cognitive flexibility, attention, focus, emotional regulation, resisting temptation, social skills, learning to read the body language and emotions of others, learning to take on other peoples perspectives, give and take, negotiation, cooperation, compromise, problem solving skills, inhibiting impulses, communication skills.