

# Social isolation, relationships, and the power of **PLAY**

2020 ICP Council Meeting

30<sup>th</sup> September 2020

 [pasi\\_sahlberg](#)



Play



Play



Play



Pelata



Leikkiä



Soittaa

**PLAY** is an activity that is intrinsically motivated, entails active engagement, and results in joyful experience and discovery.

# Types of PLAY:

Guided ↔ Free

Intellectual ↔ Physical

Indoor ↔ Outdoor

Individual ↔ Social

**PART 1:**  
**The State of Play**

Children today play less than before.

# 85%

of parents say kids today spend less time playing than they did when they were their children's age.

# LEGO Play Well Report 2018

**38%**

of parents say they don't feel they play enough



**30%**

of Families spend less than five hours playing together every week

**10%**

of Families spend less than two hours playing together every week

**61%**

of parents get distracted when they do play



**1 in 5 (17%)**

children say they are too busy to play





# When Australians\* are asked about children's access to opportunities for free play...



acknowledge the  
benefits of play.



however, 51 per cent  
want less break time  
at school.



think the first few  
years of schooling  
should focus more on  
learning through play  
than they do now.

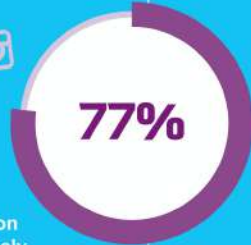


\*1700 respondents nationwide

# When Australians\* are asked about the affect of smartphones and social media...



think smartphones and social media have reduced time that children have for daily physical activity and active outdoor play.



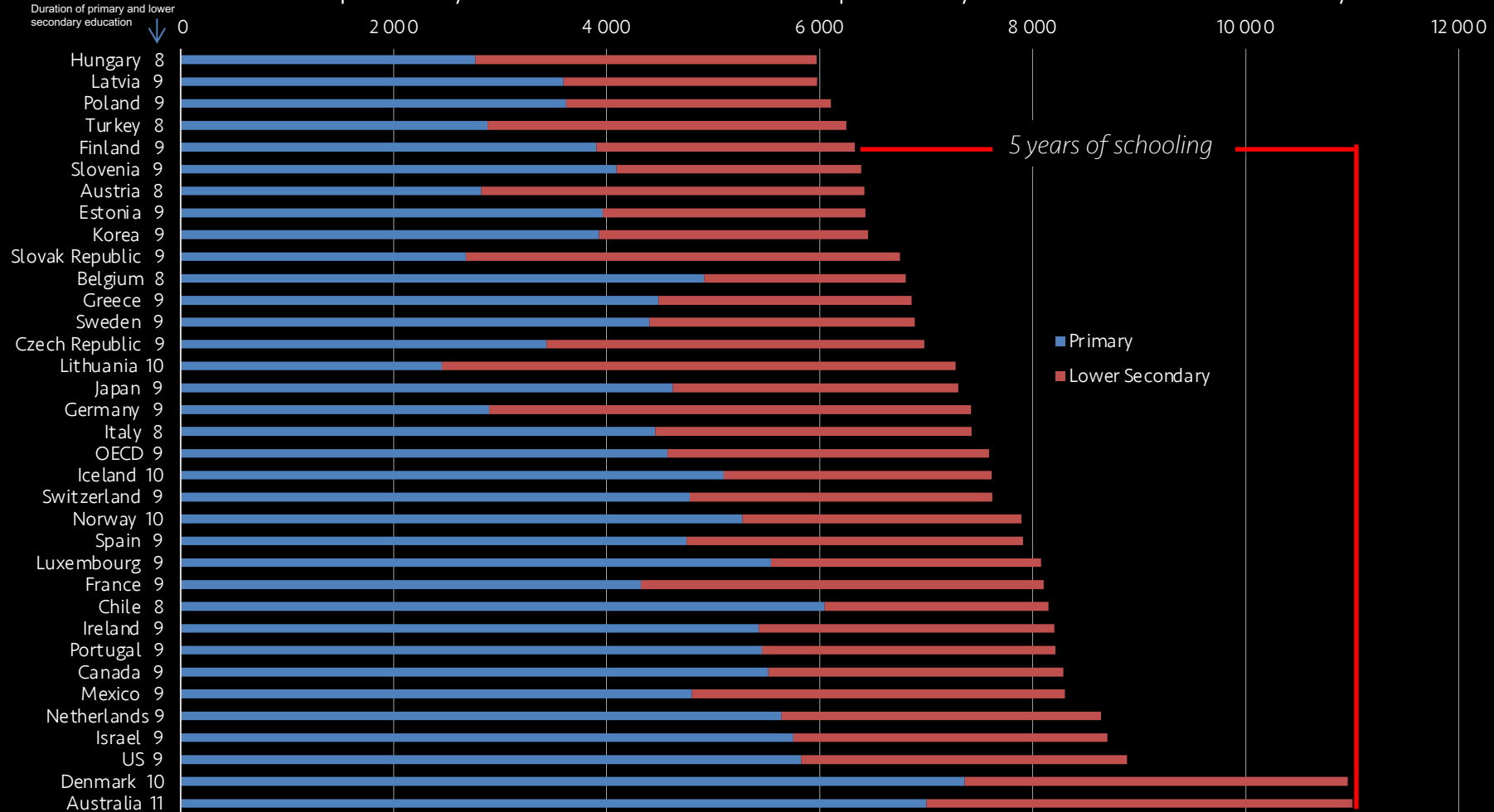
say social media is a distraction in their child's life that negatively impacts their wellbeing and family relationships.

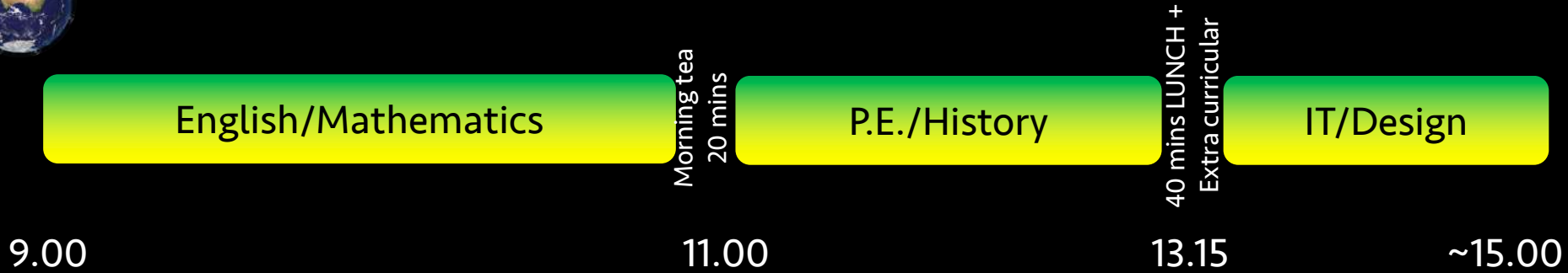
**Why?**

# 80%

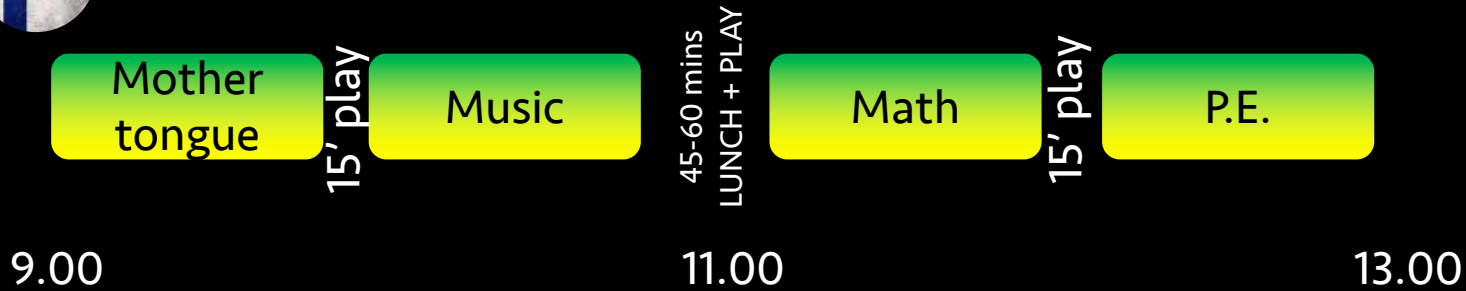
of parents believe that children are under pressure to grow up too quickly.

# Total number of compulsory instruction hours in primary and lower secondary schools

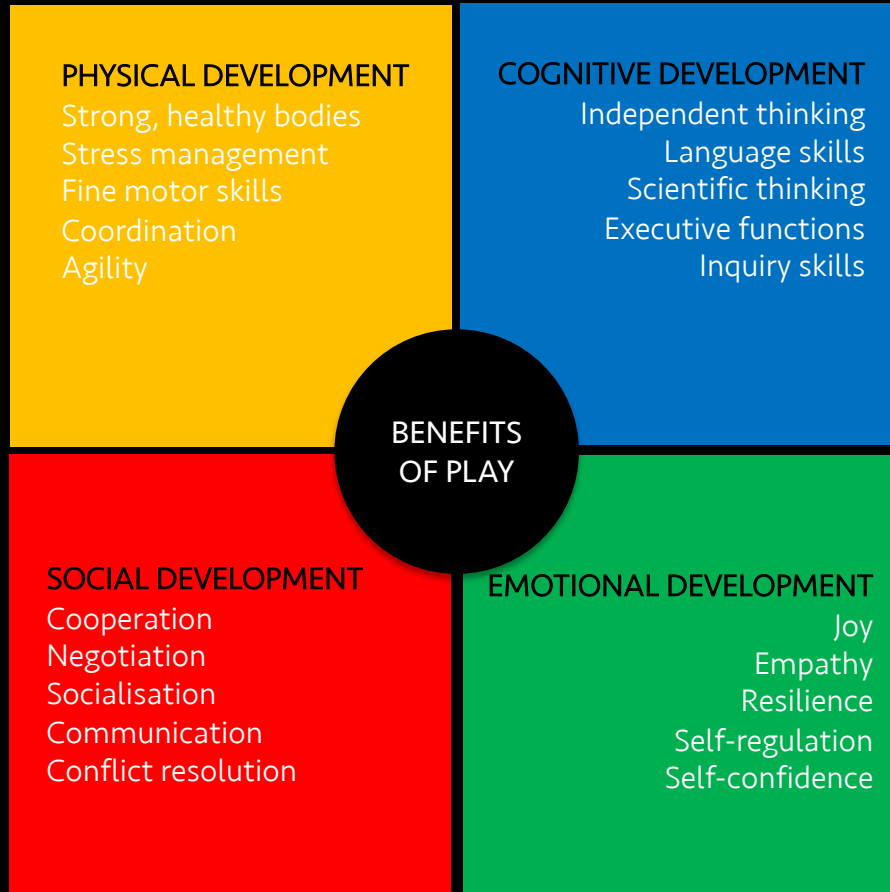




## Example of a typical 2<sup>nd</sup> grade day



**PART 2:**  
**The Power of Play**





# DOCTOR'S ORDER: The Children Must Play

*“Play is integral to a child’s education. The importance of playtime for children cannot be overemphasized to parents, schools, and community organizations.”*



## Let the Children Play

HOW MORE PLAY WILL  
SAVE OUR SCHOOLS AND  
HELP CHILDREN THRIVE

PASI SAHLBERG & WILLIAM DOYLE

foreword by SIR KEN ROBINSON

# DOCTOR'S ORDER:

## The Children Must Play

*“The lifelong success of children is based on their ability to be creative and to apply the lessons learned from playing.”*



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# DOCTOR'S ORDER: The Children Must Play

*“Recess is fundamental to the school experience and develops lifelong skills of communication, negotiation, cooperation, sharing, and problem-solving.”*



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**PART 3:**  
**Learning through play**

# Opportunities

➔ Rebuild connections and relationships

➔ Enhance wellbeing and health

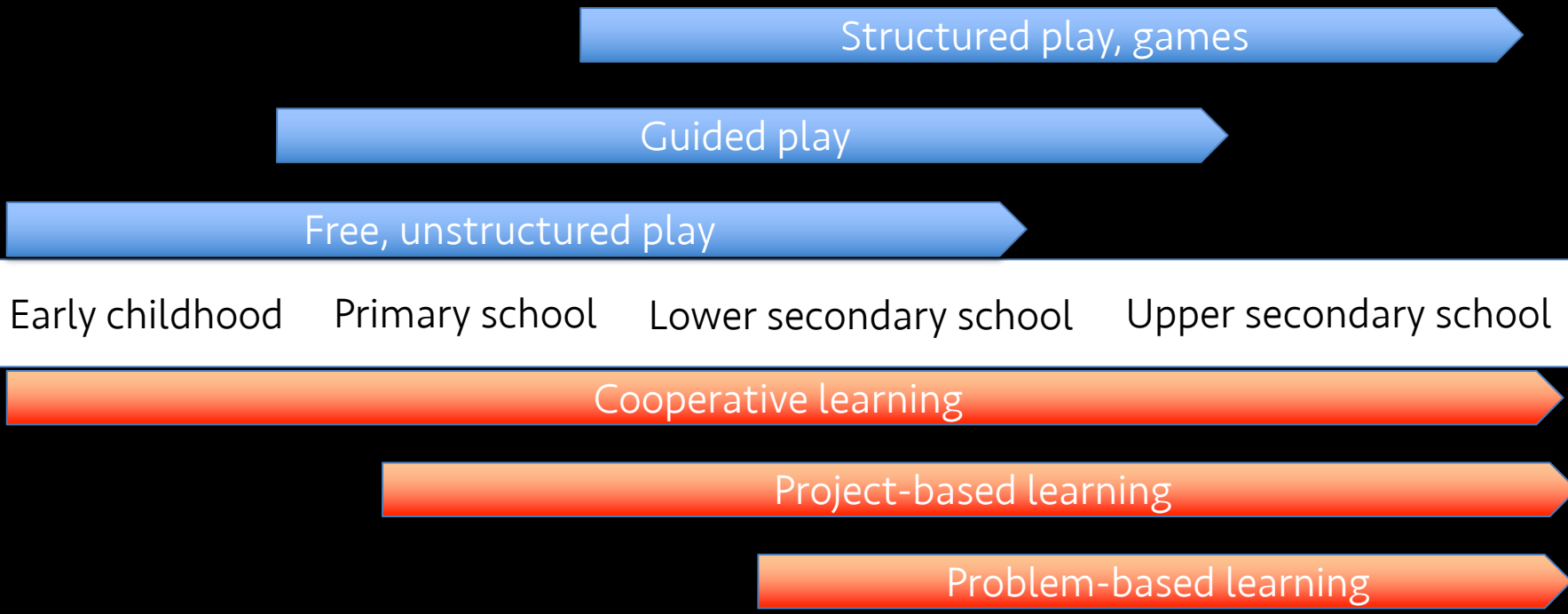
➔ Learn to cope with uncertainty

# Parents say

Almost all parents acknowledge the benefits of play but they don't want more time for play at school.

BUT:

Parents believe that their children will benefit more from structured activities as opposed to unstructured free play.



Early childhood

Primary school

Lower secondary school

Upper secondary school

Structured play, games

Guided play

Free, unstructured play

Cooperative learning

Project-based learning

Problem-based learning

# **What can I do?**

**Make time for play**

**Talk about the power of play**

**Encourage playful teaching**



**THANK YOU!**