



# LET THE CHILDREN **PLAY**

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Curtin University Perth  
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# Children according to me:

- Children have much greater capacity than we give them credit for;
- Children's independent mobility (CIM) is an important part of their healthy growing up;
- Children have a right to play, and we must protect that right for every child.

**PLAY** is an activity that is...

intrinsically motivated,

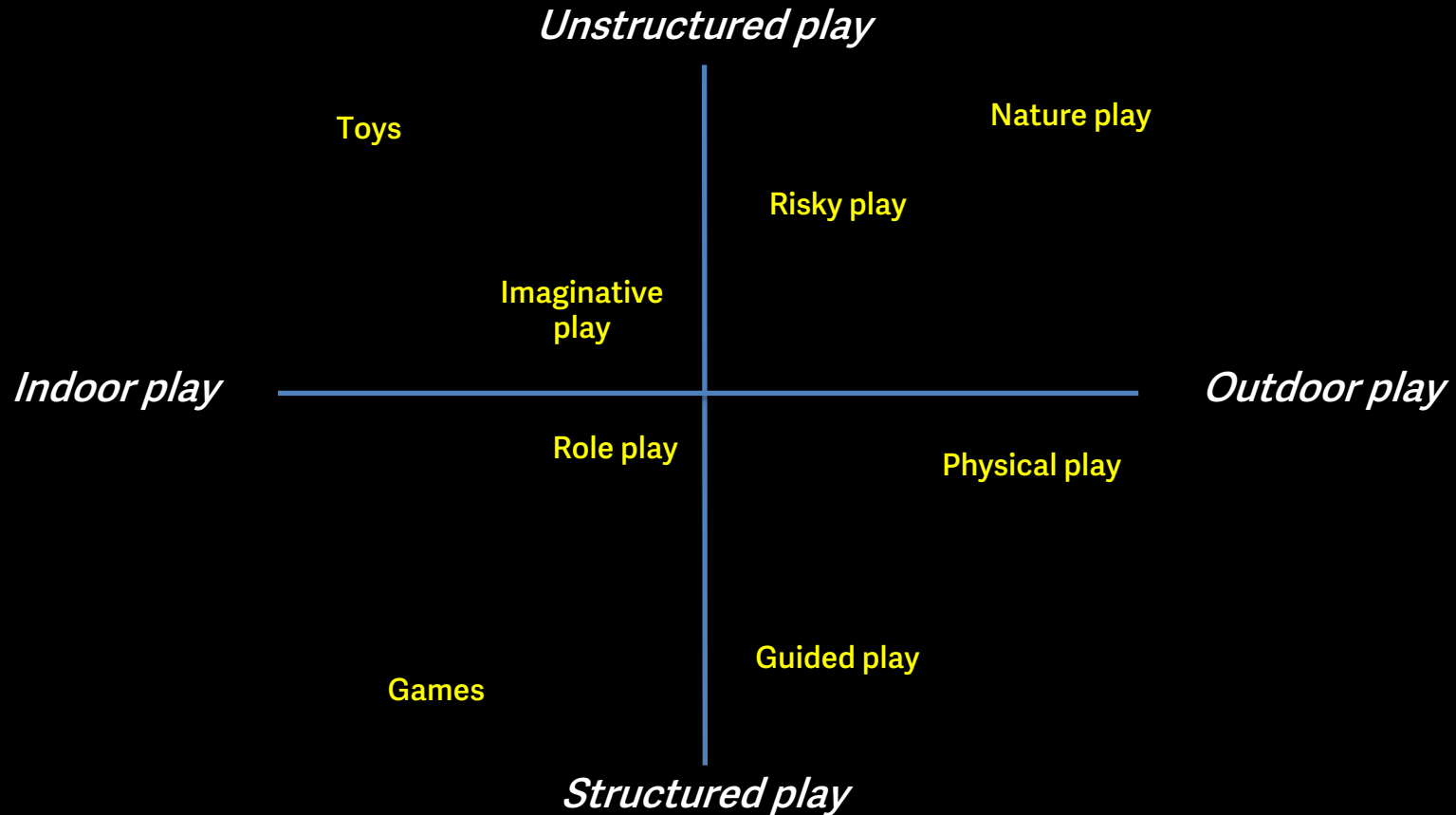
entails active engagement, and



results in joyful experience.



# Many forms of **PLAY**



# 1. THE STATE OF **PLAY**

**80%**

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

85%

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

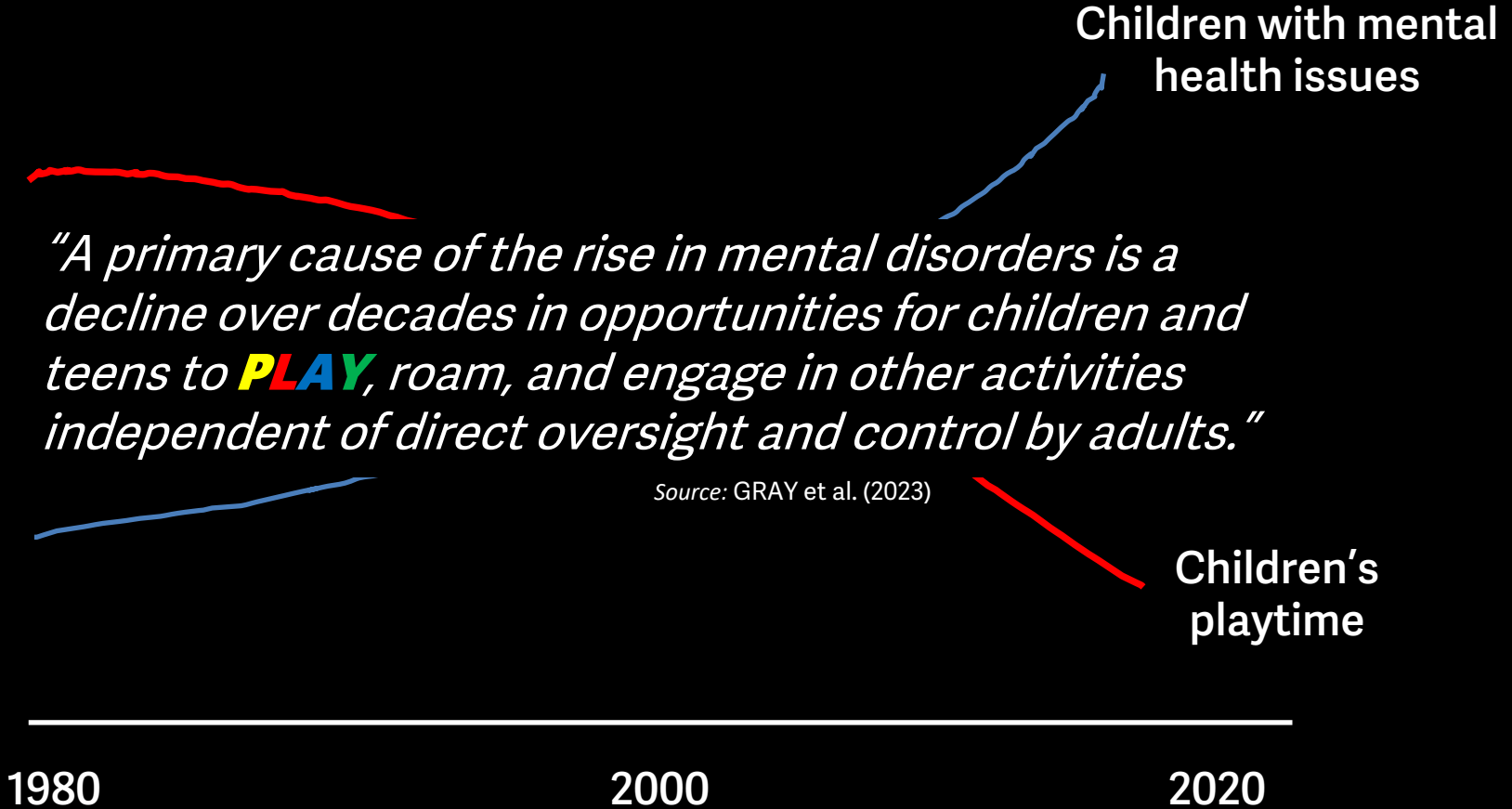
**1 of 5**

**children say that  
they are too busy  
to **PLAY**.**



## Long-term impacts of **PLAY** deprivation include:

- depression
- aggression
- reduced self-control
- poor resilience
- obesity



## 2. THE BENEFITS OF **PLAY**

**PLAY** is essential for a children's social, emotional, physical, and cognitive development. It helps them to make sense of the world around them and discover the world within them.



## *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: Children Must **PLAY**

"**PLAY** is integral to a child's education. The importance of playtime for children cannot be overemphasised to parents, schools, and community organisations."



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# DOCTOR'S ORDER: Children Must **PLAY**

"The lifelong success of children is based on their ability to be creative and to apply the lessons learned from **PLAY**ing."



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**Complex thinking  
skills**

**Creativity**

**Curiosity**

**Collaboration**

**21<sup>st</sup>  
Century  
Skills**

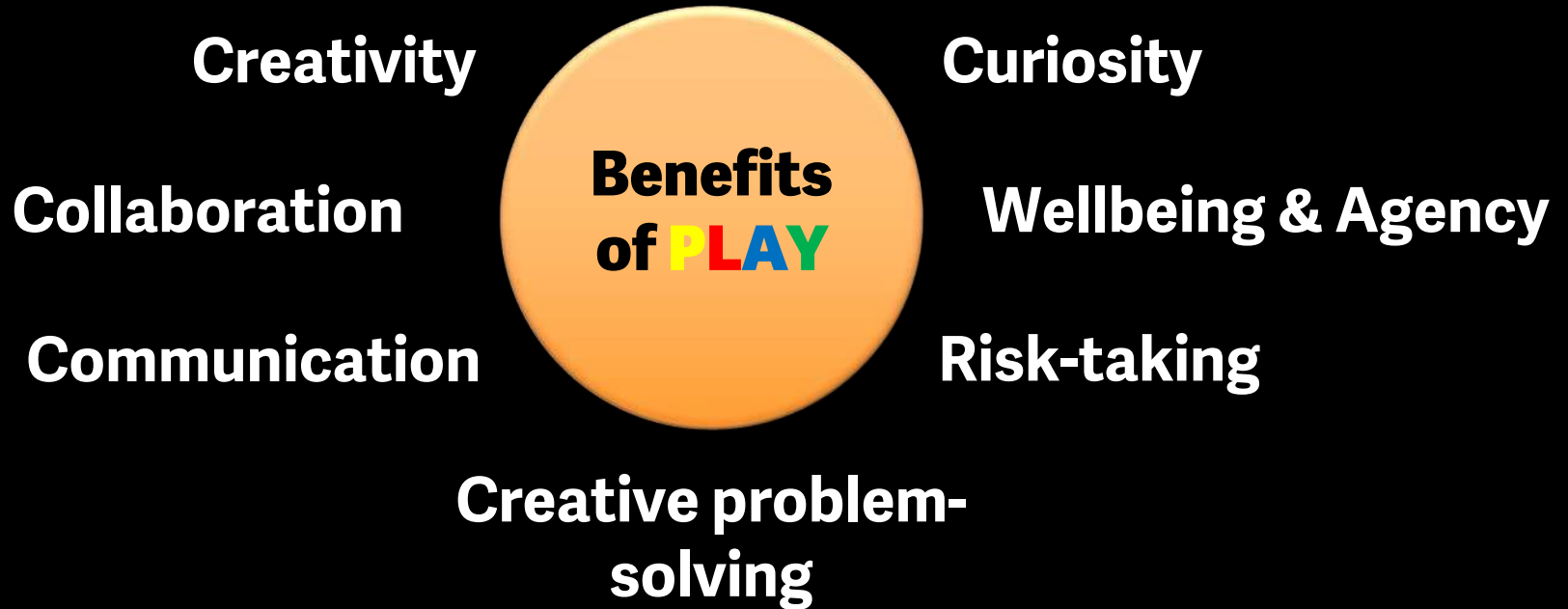
**Wellbeing & Agency**

**Communication**

**Risk-taking**

**Creative problem-  
solving**

# Executive functions





# 3. WHAT CAN WE DO?

Protect **PLAY** as a basic right of every child

Make more time for **PLAY**

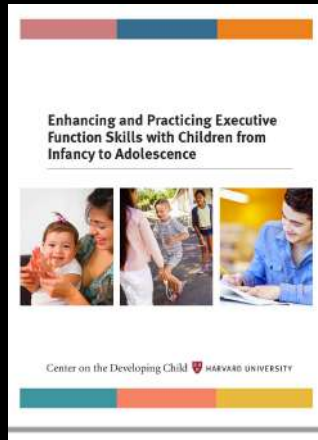
Advocate the benefits of **PLAY**

Start a movement to bring back **PLAY**



# Sydney Opera House Play Award

- An annual award for schools, educators or students in Australia
- A recognition of a practical idea that positively contributes to children's lives and learning through play
- \$10,000 cash award to advance childhood play
- Online submission open in August - details coming soon via Sydney Opera House



# THANK YOU!

We don't stop playing because  
we grow old; we grow old because  
we stop playing.

*George Bernard Shaw*

