

Play is more than meets the eye.

The National Association for Young Children tells parents and teachers to provide as much time to play as possible during the day to promote cognitive, language, physical, social, and emotional development.

Play helps children grow strong and healthy. It also counteracts obesity issues facing many children today.

Children practice and reinforce their learning in multiple areas during play. It gives them a place and a time for learning that cannot be achieved through completing a worksheet. Play provides

