

PLAY

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This session is all about play and its importance in the lives of your children. We will look at the reasons for this and then at different types of play.

Icebreaker

Let's go round the table and answer the following question, you can pass if you would not like to share.

What was your favourite way to play as a child? Or, some of your happiest playtime memories?

Brainstorm: Why is it important for children to play?

- To enjoy themselves
- To delight in discovery
- To learn how life and things work
- To develop an imagination
- To strive to think
- To problem solve and build confidence
- To create ideas independently and develop individuality
- To relieve their own boredom
- To day dream
- To develop character and social skills eg patience, sharing
- To process/make sense of real life through play
- To relieve worries, stresses and emotions

Exploring these statements:-

Let's look at each of these statements because we can gain valuable understanding by doing so.

To enjoy themselves:

A child's character is developing most between the ages of 0-3 yrs and a happy child will develop a more stable and healthy brain, with the right brain connections for a good mental state. An unstressed child will learn better and quicker. It is good for a child to develop a

Family Time Play

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1. Film nights with popcorn
2. Games night: hide and seek, football, board games, card games, chase, stuck in the mud,
3. Picnic
4. Night walk
5. Pyjama trip
6. Camp fires/firepit, marshmallows
7. Wii night
8. Family friends over

Holiday Play - Different games and activities.

Sunday play

It used to be that Sunday was a rest day for many people, the shops were all shut, entertainment shut and the focus was more on the family. People slowed down and had a big Sunday lunch, a bit of a snooze, maybe an afternoon walk and seeing friends. This tradition is from a Christian heritage that our country has that Sunday was a day to rest and remember God, a very wise idea from God and a relief to many. Modern research has proven this Biblical principle to be of great benefit, work efficiency is far higher if workforce have a real day off.

On top of this many went to church. Some families want to keep it as a special rest day, some for Christian reasons as rest and remembering God is good, and some because they like the idea of a more chilled out day. You can have special toys, games and films just for Sundays, or special food like a roast or Sunday afternoon tea with scones, biscuits and cake. Kids love special days and celebrations and traditions. You could bake a cake or scones with the kids. Play board games. Go for a walk. Making things special is exciting for kids and makes them feel wanted and cherished.

Summing up

I hope this session has been helpful. We have an amazing world for your children to enjoy and nature has the most wonderful playground. There is in the OT part of the Bible a prophecy which says 'the city streets will be filled with boys and girls playing there' Zechariah 8v5. God made children to play and be filled with wonder and delight.

James 1:17

' Every good and perfect gift is from above,'

These good things teach us and our children of the generosity and love of God for us. They can learn so much of this through play and fun and so can we, alongside them!