

## Self-Regulation

Self regulation is a skill that people learn as they go through life. The important foundations of self regulation are set when children are young.

Self regulation is being able to:

- Tolerate frustration and resist temptation (eg. Taking someone's toy just because you want it!)
- Control your feelings and impulses
- Behave appropriately in different situations
- Use information to problem solve and complete tasks

Play helps children develop self regulation , giving them opportunities to investigate and manage their emotions, behavior and attention. During these important play experiences children (with the support of adults) learn to take turns, share, focus and effectively complete tasks.

Play based learning also assists children in developing confidence in leading their learning and knowing their ideas and opinions matter.

1 <http://developingchild.harvard.edu; UNICEF, Early Moments Matter, for Every Child, 2017.>

2.<https://www.museumofplay.org/>



“Almost all creativity requires purposeful play”

Abraham Maslow 2

"Those things you learn without joy you will forget easily”

An old Finnish saying

## Play Based Learning Information for Parents



Follow us on twitter  
[@SACPlayistheway](https://twitter.com/SACPlayistheway)  
[#SACPlayistheway](https://twitter.com/SACPlayistheway)



## The Importance of Play

South Ayrshire Council recognises the importance of play in the lives and education of all children.

Play is one of the most important ways in which young children gain essential knowledge and understanding. Play helps children develop many skills, including:

- Self-confidence and self-regulation
- Creativity
- Problem-solving skills
- Communication and social skills
- A love of learning
- Flexible thinking

Engaging in purposeful play experiences enhances children's mastery of academic concepts and builds interest and motivation to learn.

## Developmental Stages (4-6 years)

Although learning takes place throughout life, in early childhood, learning is taking place at a speed that will never be equalled. <sup>1</sup>

The United Nations Convention on the Rights of the Child states;

“Early childhood, **defined as the period from birth to eight years old**, is a time of remarkable growth with brain development at its peak.”

UNCRC General Comment 7, 2005

Scotland has one of the earliest school starting ages in the world, with children only midway through the vital early childhood stage when they enter formal education. Play based learning is critical at this stage, yet it is often becomes neglected in favour of more academic –focussed education approaches.

South Ayrshire schools are committed to providing motivating and engaging learning experiences, which will provide your child with the best possible start to their journey through formal education .

In line with the Curriculum for Excellence learning through the context of play will help your child to become a: **Successful Learner, Confident Individual, Responsible Citizen and Effective Contributor**

## What does Play Based Learning Look like?

- \* Enjoying learning -Fun!
- \* Building on directly taught concepts
- Developing imagination, creativity and natural Curiosity
- Learning in a safe, secure environment
- Planning learning together
- Valuing teachers' and children's ideas
- Developing skills and capabilities through a range of experiences
- Building relationships
- Exploring and experimenting
- Solving problems
- \* Developing independence

### It is not:

- What is done as a time-filler
- Done by worksheet/colouring in
- Something children do when they're not learning
- “Just Playing”