Benefits of Play Facts

- The American Academy of Pediatrics recommends that children spend at least 60 minutes in open-ended play per day.
- A study published in the Pediatrics Journal, shows that third graders who have 15+ minutes of recess a day are better-behaved in school than those who have less.
- According to the American Heart Association, evidence shows that active children are more likely to stay active as adults, decreasing risk of heart disease. They recommend that children over the age of two engage in at least an hour a day of moderate, enjoyable physical play.
- An IBM Institute survey showed CEOs value employees with creativity, which can be fostered through childhood play.
- Research published in the Early Childhood Education Journal, revealed that both free play and adult-guided play can help preschoolers learn awareness of other people's feelings.
- In a study done by the Journal of Play, 88% of preschoolers playing with blocks were engaged in at least one math-building activity, such as comparing sizes and counting.
- According to Centers for Disease Control & Prevention, physical play controls obesity while reducing fat, improving muscle, and bone and heart health. It also helps build emotional and social skills. The fine motor activity helps develop concentration and perseverance.
- A study done by the Minnesota Children's Museum, showed children with who engaged in more play with literacy materials (e . g . , pretend reading to stuffed animals , making shopping lists) at age 4 had more advanced language abilities and reading readiness in kindergarten .
- Research found in "Learning Vocabulary through Games", shows that 17 out of 20 children show pleasant feelings and positive attitudes towards learning vocabulary through play.
- A study done by the American Psychological Association, showed that play enhances the progress of early development from 33% to 67% by improving language and reducing social and emotional problems.
- In a study done by Parenting Science, children aged 1 ½ to 2 ½ who played with building bricks had significantly higher language scores six months later, compared with a control group.

Decline in Play Facts

- According to the Journal of Pediatrics, 30% of children say they had no recess in their school day.
- Over a 6 year period, a Pediatrics study discovered that children 6-12 spent 24 fewer minutes per week playing.
- According to a study by the Kaiser Family Foundation, children spend approximately 7 hours a day in front of a screen instead of participating in unstructured play.
- Newsweek reported that studies have proven that the brain is like a muscle. Students at an Oakland, California school experienced a boost in brain speed of 27-32% after 8 weeks of structured game play.
- In a survey done by the Toy Industry Association, 95% of parents agreed that time spent playing with your child enhances your relationship with that child.