

PLAY FACTS

Research points to a
direct correlation between
play and stress reduction.

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It's more than play!

PLAY FACTS

Play enhances the progress of early development from 33% to 67% by improving language and reducing social and emotional problems.



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Play is like exercise for your brain! In one study school-aged children showed a boost in brain speed of 27-32% after 8 weeks of unstructured game play.

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In a study, 88% of preschoolers playing with blocks were engaged in at least one math building activity, such as comparing sizes and counting.

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A study showed that kindergartners' vocabulary was positively related to the amount of time they spent talking during pretend play at the age of 3.

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