

Let's Play: A Playbook for Kids of All Abilities

When we focus on a child's strengths, interests, and areas in which they need more support, play offers rich opportunities for kids to participate in a challenge level that is right for them. This Playbook includes activities with step-by-step instructions, a summary of each activity's play benefits, activity alternatives, and challenge boosters. https://thegeniusofplay.org/App_Themes/tgop/pdfs/activity/lets-play-playbook.pdf?utm_campaign=mar2024c1_playbook&utm_content=Download%20for%20FREE%20button&utm_term=consumer&utm_medium=email&utm_source=newsletter

Brain-Building Through Play: Activities for Infants, Toddlers, and Children

Through games and playful activities, children can practice and strengthen important executive function skills that will help them throughout their lives, including learning to focus their attention, strengthening their working memory, and developing basic self-control. This handout series provides games and play-based activities based on a child's age. The activities for younger children are designed for adults to engage in with children. Activities for later ages allow the adults to step back, enabling children's independence to blossom as they transition to playing more often with peers.

<https://developingchild.harvard.edu/resources/brainbuildingthroughplay/>

The Power of Play: A Pediatric Role in Enhancing Development

This clinical report provides clear documentation for how "developmentally appropriate play with parents and peers is a singular opportunity to promote the social-emotional, cognitive, language, and self-regulation skills that build executive function and a prosocial brain."

<https://publications.aap.org/pediatrics/article/142/3/e20182058/38649/The-Power-of-Play-A-Pediatric-Role-in-Enhancing>

The Power of Playful Learning in the Early Childhood Setting

This article was crafted to put "*playful learning – rich curriculum coupled with playful pedagogy – front and center as a model for all early childhood educators.*" It illustrates the ways in which play and learning mutually support one another and stresses that play "*is a teaching practice that optimally facilitates young children's development and learning.*" <https://www.naeyc.org/resources/pubs/yc/summer2022/power-playful-learning#Spectrum>

Designing Messy Play for Infants and Toddlers

Messy play builds foundational skills that are crucial for children's later development. It is one of the most important kinds of early learning experiences we can offer to infants and toddlers. Find the most up-to-date information to answer three prompts: "What does research say?"; "What does it look like?"; and "Try this!" There's also an accompanying resource, Connecting at Home, which includes easy-to-try tips to help families offer messy play experiences at home. <https://eclkc.ohs.acf.hhs.gov/publication/designing-messy-play-infants-toddlers> (English) <https://eclkc.ohs.acf.hhs.gov/es/publicacion/disenio-del-juego-sensorial-para-bebes-y-ninos-pequenos> (Spanish)

Wheels: A Gumdrop

Just a reminder to make sure that each and every child gets the opportunity to play.

<https://www.youtube.com/watch?v=pFuWUiHo-WI>

Natural Resources is a free, monthly, one-way listserv. Each issue features readily available and free resources on a specific topic related to children from birth through age 8 and their families. **Highlighted resources are in Spanish. Los recursos destacados están en español.** Natural Resources is compiled and distributed by Camille Catlett. Past issues are archived at <https://scriptnc.fpg.unc.edu/natural-resources-monthly-newsletter> To subscribe or unsubscribe, please contact Camille Catlett at camille.catlett@unc.edu