Play is a Universal Right

United Nations (1989), Convention on the Rights of the Child, Article 31.

Explore children's right to play, why children play and how play supports brain development.

SCAN FOR MORE PLAY IDEAS

https://padlet.com/belconnenvillage/play



Play is a Child's Right

Why is this important?

- Every child has the right to rest, leisure and play.
- Play matters for their happiness, development and wellbeing.

What does it look like?

- Children's choices, curiosities and ideas are taken seriously.
- Children can have a say in what they play, where and with whom they play.

What can families do?

- Make time and space for play without rushing.
- Allow a little mess and room to try things out.
- Explain the value of play when others question it.



Why Children Play

Why is this important?

- Play helps children explore, solve problems and build relationships.
- Children develop curiosity, creativity and imagination through play.

What does it look like?

- Running, climbing, drawing, building and pretending are all play.
- Children do not outgrow their need for play, even when the way they play changes.

What can families do?

- Offer blocks, art supplies or outdoor materials.
- Let children develop their ideas, with guidance when needed.



Brain Development

Why is this important?

- Everyday play and experiences help build brain connections.
- Children practise movement, communication and social skills through play.

What does it look like?

- Babies explore their bodies, reach for objects and repeat actions.
- Simple games like peekaboo help children listen, respond and connect.

What can families do?

- Respond warmly to sounds, gestures and attempts to communicate.
- Offer safety, comfort and connection.

Developed by A Village for Every Child's Play Working Group