

# UNLOCKING COGNITIVE GROWTH THROUGH PLAYING IN EARLY YEAR



It is impossible to overestimate the role that the outdoors plays in promoting cognitive growth from the perspective of schooling. Playtime's interaction of imagination, creativity, and problem-solving skills significantly enhances cognitive abilities in children, particularly in the formative years of childhood.

Play provides an engaging environment in which critical cognitive abilities, such as memory and attention span, can be developed. Through diverse play activities, ranging from creative games to useful tasks, kids can discover, try new things, and gain knowledge in a manner that may not be fully facilitated in traditional educational environments. Being a child-centred school, we integrated play-based where children learn by doing practical indoor and outdoors activities; it's another way they explore and learn about their surroundings

Play is important because it fosters creativity, among other things. Children actively engage in cognitive exercise as well as having fun when they immerse themselves in imaginative play scenarios. Innovative thinking, problem-solving, and the capacity to see different solutions are all fostered by creative play, and these abilities are crucial for navigating the complexities of the real world.

Furthermore, playing with peers helps children develop their emotional intelligence, communication skills, and capacity for understanding diverse viewpoints. These social dynamics are essential to cognitive development because they help people collaborate and communicate effectively in a variety of contexts.



At Lotusbloom Preparatory School, EYFS practitioners serve as both instructors and facilitators of meaningful play experiences. They recognise that play is a child's natural language and understand the fundamental connection between play and cognitive development. These practitioners create an environment that encourages curiosity, creativity, and critical thinking through intentional and well-designed play activities. Our teachers also, create an environment where children naturally engage in cognitive growth across the EYFS seven areas of learning by thoughtfully creating outdoor activities.