

## Three tips bag @Free games

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I remember that when I was young, there were not many toys. In that era without electronic products, we could play with anything and enjoy it. We put on bedsheets and pretended to be "Miss Hong Kong" and Superman, used rubber bands to form elastic ropes to compare heights, and played guessing games on the stairs... We don't need anyone to teach us or reward us, because we are born to know how to play. You can say "Children are experts at play"

As technology develops more rapidly and socioeconomic conditions improve, the amount of time children can play freely is inversely proportional. In 2013, the United Nations Children's Fund advocated giving children at least one hour of free play time every day; the Education Bureau also revised the "Free Play Time" in 2017. "Kindergarten Education Curriculum Guide" points out the importance of play-based learning and recommends schools to "deepen the concept of children learning through games and further strengthen the elements of free exploration in games." It mentions reducing the rules of games to allow children to express their feelings and explore their bodies. Kindergartens should arrange for children to participate in free play for no less than 30 minutes(half day school) and 50 minutes(full day school) each day for children's development.

In fact, free play is simply "child-led". The child chooses

- ◆ Whether to play
- ◆ What to play
- ◆ How to play
- ◆ When to play
- ◆ You can also decide whether to play by yourself or with others

American psychiatrist Stuart Brown conducted a study on 6,000 people and found that people who lacked opportunities for free play when they were young were less happy as adults. Analyzes by scholars also pointed out that games can help people build resilience and resolve difficulties. ability. The school uses "free play" to match the curriculum objectives and content, and designs a variety of games based on children's life experience, interests and abilities to provide children with a relaxing and effective learning experience. How can parents cooperate to double the effectiveness of free play?

First of all, allowing children to have free play time every day is the first step. Try to make good use of materials in life as "playthings", accompany your children wholeheartedly instead of just watching, and give everyone the "Three Little Tips" to learn and share with each other:



### **Criticize less**

"Paper is not such a toy stand. You don't even know how to play with it, and it makes a mess!"

"You shouldn't tear off the tape holder like that, it's such a waste!"

"When you play with your toy car, it keeps spinning. If you don't get bored, I'll get bored too!"

### **Ask less questions**

"Son, is this Fireman Li?"

"Daughter, are you ready to cook the food? Are you ready to eat it? Have you prepared it for me?"

"Why are you so timid? Why don't you try playing together?"

### **less orders**

"You've been playing here for a long time, that's enough. We still have other games we haven't played yet, so we have to play them first!"

"These rocks are so dirty, You have to wait until your mother helps wrap them up before playing with them!"

"Children are busy drawing, don't just play with color pens here!"

**Wish every family can have fun!!**

