



教育局  
Education Bureau



香港教育大學  
The Education University  
of Hong Kong

# EXPOSING THE MYTHS OF **PLAY**

DR. LAM PUI CHING, JESSIE  
THE EDUCATION UNIVERSITY  
OF HONG KONG



# AGENDA

01

Unique features  
of play

02

Importance  
of play

03

Practical skills  
to promote play

# WHAT IS PLAY?



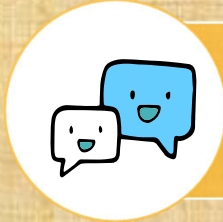
“A physical or mental leisure activity that is undertaken purely for  
**enjoyment or amusement** .”

(Hughes, 2010)

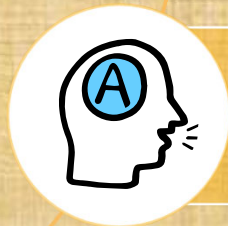
# UNIQUE FEATURES OF PLAY



Child-initiated



Involvement



Autonomy



(Bruce, 2011)

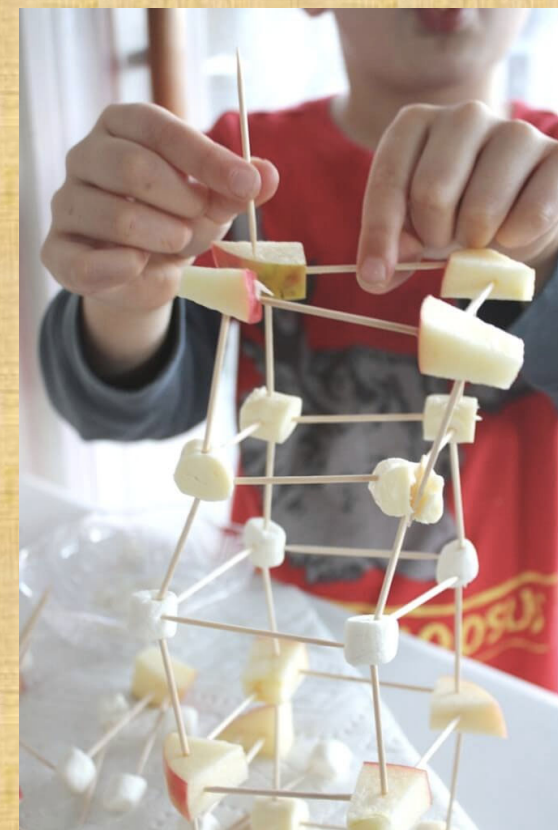
# EXAMPLES OF PLAY



Constructive play

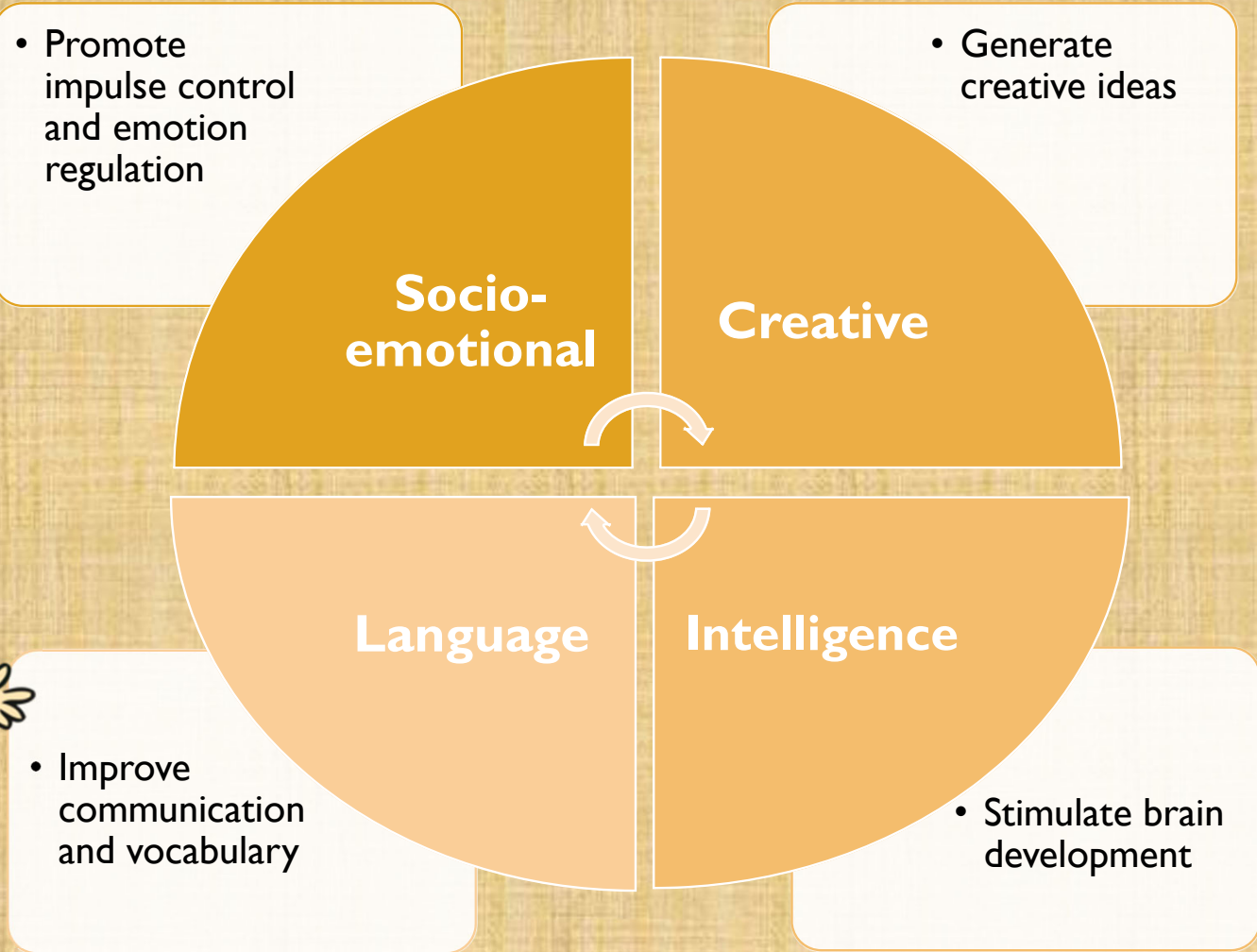


Dramatic play



Exploratory play

# LEARNING THROUGH PLAY



(Li, 2021)

# LEARNING THROUGH PLAY AT HOME

Play encourages communication

Play improves cognitive development

Play encourages relationship building

(Wheeler, Connor, & Goodwin, 2009)

# WHAT ARE THE MYTHS OF PLAY?





A child's playroom with a white table, colorful chairs, and toys. The room is bright and colorful, with a white table and chairs in the foreground. There are various toys on the table, including a colorful stacking ring toy and a teddy bear. The background shows a white shelf with more toys and a colorful patterned pillow.

# MYTH #1

Play is **not** educational.

## FACT:

Play can expand children's **critical thinking** and **creativity**.

(Goodliff, 2018)

# PRACTICAL EXAMPLES



# PRACTICAL EXAMPLES



A child's playroom with a white table, colorful chairs, and various toys. The room is bright and colorful, with a white table and chairs in the foreground. There are various toys on the table and shelves, including a teddy bear, a doll, and a stack of colorful blocks. The background is a light blue wall with a colorful patterned pillow.

## MYTH #2

**Toys** are needed for play.

## FACT:

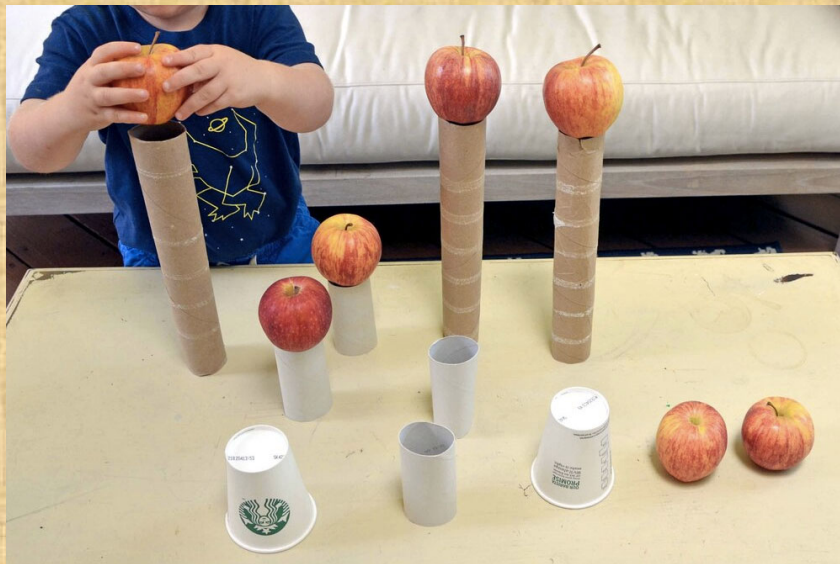
Children can use the **objects** surrounding them to encourage **play**.

(Santer, Griffiths, & Goodall, 2007)

# PRACTICAL EXAMPLES



# PRACTICAL EXAMPLES



A child's playroom with a white table, colorful chairs, and toys. The room is bright and organized, with a white shelf holding various toys and a colorful polka-dot pillow. A yellow table with a teddy bear on it is visible on the right. The text is overlaid on a semi-transparent white box with an orange border.

# MYTH #3

Play is **messy**.

## FACT:

Sometimes play only requires **little** space and **little** clearing up.

(Goodliff, 2018)

# PRACTICAL EXAMPLES







**ANY QUESTIONS?**

# REFERENCES

Bruce, T. (2011). *Learning through play: For babies, toddlers and young children*. London: Hodder Education.

Goodliff, G. (2018). *Young children's play and creativity: Multiple voices*. London: Routledge, Taylor & Francis Group.

Hughes, F. P. (2010). *Children, play, and development*. London: SAGE.

Li, A. (2021, April 22). Importance of play in early childhood (9 benefits & infographic). Retrieved May 13, 2021, from <https://www.parentingforbrain.com/benefits-play-learning-activities-early-childhood/>

Santer, J., Griffiths, C., & Goodall, D. L. (2007). *Free play in early childhood: A literature review*. London: National Children's Bureau.

Wheeler, H., Connor, J., & Goodwin, H. (2009). *Parents, early years and learning: Parents as partners in the early years foundation stage ; principles into practice*. London: National Children's Bureau.

**~THANK YOU~**