

Summary Paragraph – Importance of Play

Article 31, UNCRC (no date) Play within children is important for not only the development skills of a child, but also the child's mental health and wellbeing. Play in early years will develop the child's imagination, the ability to explore surroundings while learning new things and can often help with children's emotions. Freud (2018) believed that children that children will suppress emotion through play therapy rather than having to sit and speak about their worry's children will use play therapy to process their feelings at their own pace and level without the feeling of being interrogated or threatened. Vygotsky (2020) argues for a child to be able develop their cognitive development, to understand and to create meaning of what they may discover then social interaction is key, he states that the key to a child's cognitive development is to be socially interactive and to build relationships as the adult, with the child.

Reference List

UNCRC (no date) *Importance of play*. Available at [UN Convention on the Rights of the Child \(UNCRC\) - Unicef UK](#) [Accessed on 3/12/2020]

Simply Psychology (2018) *Sigmund Freud's Theory*. Available at [Sigmund Freud's Theories \(simplypsychology.org\)](#) [Accessed on 03/12/2020]

Simply Psychology (2020) *Lev Vygotsky's Sociocultural Theory*. Available at [Lev Vygotsky's Sociocultural Theory | Simply Psychology](#) [Accessed on 03/12/2020]