**Amazing Benefits of PLAY!!!**

What does the word “play” mean to you?

What is the difference between structured and unstructured play?

What are some of your favorite ways to play?

**Structured:**

1.

2.

**Unstructured:**

1.

2.

Researchers have been writing a lot about the benefits of kids playing in nature/outside. List at least 3 reasons why playing in nature is beneficial.

1.

2.

3.

What are some of the scientific facts about the benefits of play?

Physically:

Mentally:

Emotionally:

Socially:

Research what the country of **Finland** is doing when it comes to **play** in **school**. List at least 3 ways they are incorporating play into their school day.

1.

2.

3.

What are some ways to get out and play in Shanghai?

Find 3 new places you could go to play in Shanghai Area:

1.

2.

3.

RESOURCES USED-Write down Title of Websites Used Here: