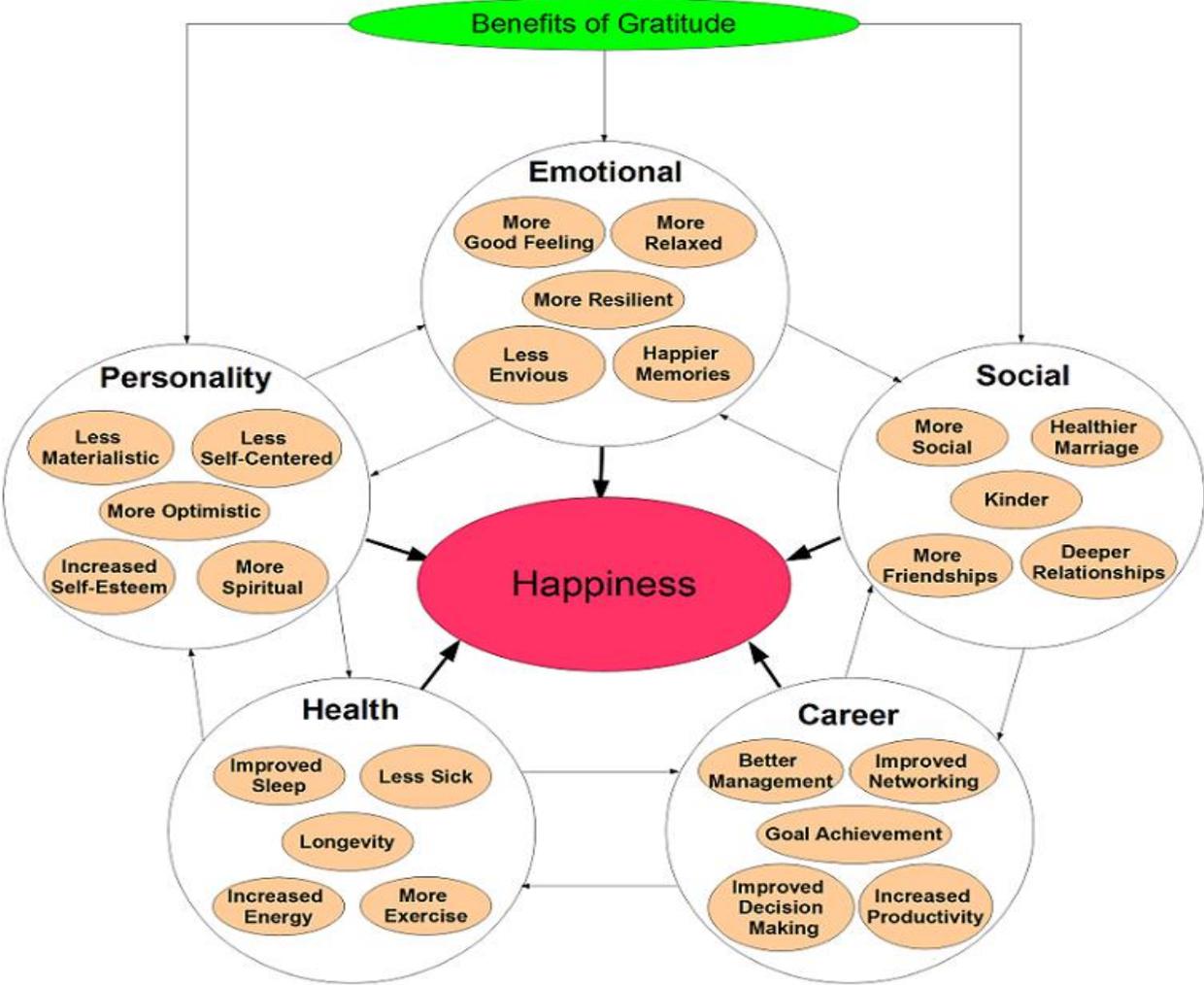


# HEALTH TIPS FOR THE MONTH OF APRIL 2018

## Play Can Make You healthy, Happy, and More productive

Play is essential to the social, emotional, cognitive, and physical well-being of children beginning in early childhood. It is a natural tool for children to develop resiliency as they learn to cooperate, overcome challenges, and negotiate with others. Play also allows children to be creative. It provides time for parents to be fully engaged with their children, to bond with their children, and to see the world from the perspective of their child. Kids don't fear doing something wrong. If they do, they learn from it and do it differently the next time.



### The lifelong benefits of play:

- Stimulates nerve growth in the portions of the brain that process emotions and executive function.
- Does better academically when they have recess.
- Delays mental decline in old age.
- Helps to solve big problems.
- Connects us to others by sharing joy, laughter, and fun which promotes bonding and strengthens a sense of community;
- Develops empathy, compassion, trust, and the capacity for intimacy through regular play.
- Fosters creativity, flexibility, and learning & it is a doorway to learning which stimulates our imaginations, helping us adapt and solve problems.
- Arouses curiosity, which leads to discovery and creativity.
- Acts as an antidote to loneliness, isolation, anxiety, and depression also to violence those who avoid or have never learned to play may become lost in the world of fear, rage, and obsessive worry.
- Teaches us perseverance by the rewards of learning or mastering a new game. Perseverance is a trait necessary to healthy adulthood, and it is learned largely through play. Perseverance and violence are rarely found together.
- Makes us happy, when play on a daily basis thus can preserve and nourish our own hearts, and the hearts of our communities.
- Keeps & Strengthen relationships fresh and exciting.



- Heals resentments, disagreements, and hurts. Through regular play, we learn to trust one another and feel safe. Trust enables us to work together, open ourselves to intimacy, and try new things.
- Develops and improve our social skills. Verbal communication and body language, safety and danger, freedom and boundaries, cooperation and teamwork: all are discovered and practiced repeatedly during infant and childhood play.
- Mutual play can heal emotional wounds: When adults play together, they are engaging in exactly the same patterns of behavior that positively shape the brain in children& predict emotional health in children also lead to positive change in adults.

All children age 2 and older should participate in at least 60 minutes of enjoyable, moderate-intensity physical activities every day that are developmentally appropriate and varied. If your child does not have a full 60 minute activity break each day, try to provide at least two 30-minute periods or four 15-minute periods in which they can engage in vigorous activities appropriate to their age, gender and stage of physical and emotional development.

When we get plays right, all areas of our lives go better. “Let us cultivate the habit of playing together to reap the benefit of it”



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