Play is . . . the heart of development[[1]](#footnote-1)

*American Journal of Play* [**http://www.journalofplay.org/**](http://www.journalofplay.org/)

Assessing and Scaffolding Make-Believe Play

[**http://www.naeyc.org/files/yc/file/201201/Leong\_Make\_Believe\_Play\_Jan2012.pdf**](http://www.naeyc.org/files/yc/file/201201/Leong_Make_Believe_Play_Jan2012.pdf)

The Case for Play: How a Handful of Researchers Are Trying to Save Childhood

*Read about the work of two researchers who have documented the many benefits that accrue from opportunities for young children to play.* [**http://chronicle.com/article/The-Case-for-Play/126382/**](http://chronicle.com/article/The-Case-for-Play/126382/)

Educational Services, Inc. (2000). *A creative adventure: Supporting development and learning through art, music, movement and dialogue:* *A guide for parents and professionals*. Alexandria, VA: Head Start Information & Publication Center. [**http://eclkc.ohs.acf.hhs.gov/hslc/hs/resources/video/Video%20Presentations/ACreativeAdvent.htm**](http://eclkc.ohs.acf.hhs.gov/hslc/hs/resources/video/Video%20Presentations/ACreativeAdvent.htm)

Five Numbers to Remember About Early Child Development

[**http://developingchild.harvard.edu/resources/multimedia/interactive\_features/five-numbers/**](http://developingchild.harvard.edu/resources/multimedia/interactive_features/five-numbers/)

Games for Growing: Teaching Your Baby With Early Learning Games

[**http://www.researchtopractice.info/productSolutionsGG.php**](http://www.researchtopractice.info/productSolutionsGG.php)

Importance of Play

*A 2-minute video describing the importance of play for young children*

[**http://www.youtube.com/watch?v=t5JyA0m2TvE&feature=related**](http://www.youtube.com/watch?v=t5JyA0m2TvE&feature=related)

Invention at Play

*These websites offer evidence for the importance of play and activities for using play to support learning.*

[**http://invention.smithsonian.org/centerpieces/iap/iapeducatorsmanual.pdf**](http://invention.smithsonian.org/centerpieces/iap/iapeducatorsmanual.pdf)(educators’ guide)

[**http://invention.smithsonian.org/centerpieces/iap/iapfamilyguide.pdf**](http://invention.smithsonian.org/centerpieces/iap/iapfamilyguide.pdf)(family guide)

[**http://inventionatplay.org/iapfamilyguide\_espanol.pdf**](http://inventionatplay.org/iapfamilyguide_espanol.pdf)(family guide in Spanish)

National Institute for Play [**http://nifplay.org/**](http://nifplay.org/)

The Power of Play

*Each of these 5-minute video segments highlights effective ways to help children, and the adults to support them, to see the connections between play and development in all domains, and especially creative and critical thinking.*

[**http://www.youtube.com/watch?v=XXyYQccegEk**](http://www.youtube.com/watch?v=XXyYQccegEk) (Segment 1/6)

[**http://www.youtube.com/watch?v=mhhV4S-\_gbE**](http://www.youtube.com/watch?v=mhhV4S-_gbE)(Segment 2/6)

[**http://www.youtube.com/watch?v=MNrsyTUIg1o**](http://www.youtube.com/watch?v=MNrsyTUIg1o)(Segment3/6)

[**http://www.youtube.com/watch?v=CNKXByseRtM**](http://www.youtube.com/watch?v=CNKXByseRtM)(Segment 4/6)

[**http://www.youtube.com/watch?v=rmAudvS7r8o**](http://www.youtube.com/watch?v=rmAudvS7r8o)(Segment 5/6)

[**http://www.youtube.com/watch?v=Qfxz28jt80I**](http://www.youtube.com/watch?v=Qfxz28jt80I)(Segment 6/6)

Powerful Playtime: Toys and Learning for the Very Young Child

[**http://www.researchtopractice.info/productSolutionsPP.php**](http://www.researchtopractice.info/productSolutionsPP.php)

The Promise of Play: Play in the Lives of Animals and Children

[**http://www.youtube.com/watch?v=zvpG6lkGMVs**](http://www.youtube.com/watch?v=zvpG6lkGMVs)

Stuart Brown: Play Is More Than Fun

*Dr. Brown’s research, summarized in this video segment, highlights the impact of play on the brain and shows how play is deeply involved with development and intelligence.*

[**http://www.ted.com/talks/stuart\_brown\_says\_play\_is\_more\_than\_fun\_it\_s\_vital.html**](http://www.ted.com/talks/stuart_brown_says_play_is_more_than_fun_it_s_vital.html)

# Wedge, M. (2011). Play and the Child's Sense of Self

# [**http://www.psychologytoday.com/collections/201202/play-time/what-are-we-doing-the-kids**](http://www.psychologytoday.com/collections/201202/play-time/what-are-we-doing-the-kids)

The Wisdom of Play: How Children Learn to Make Sense of the World [**http://www.communityplaythings.com/~/media/files/cpus/library/training-resources/booklets/wisdom-of-play.pdf**](http://www.communityplaythings.com/~/media/files/cpus/library/training-resources/booklets/wisdom-of-play.pdf)

Why Play-Based Learning?

[**http://www.earlychildhoodaustralia.org.au/nqsplp/wp-content/uploads/2012/05/Why\_play\_based\_learning.pdf**](http://www.earlychildhoodaustralia.org.au/nqsplp/wp-content/uploads/2012/05/Why_play_based_learning.pdf)

The Wisdom of Play: How Children Learn to Make Sense of the World [**http://www.communityplaythings.com/~/media/files/cpus/library/training-resources/booklets/wisdom-of-play.pdf**](http://www.communityplaythings.com/~/media/files/cpus/library/training-resources/booklets/wisdom-of-play.pdf)

Play is . . . a support for each and every young learner

Early Childhood Intervention: The Power of Family

[**http://www.opensocietyfoundations.org/multimedia/early-childhood-intervention-power-family**](http://www.opensocietyfoundations.org/multimedia/early-childhood-intervention-power-family)

How we Play- Cultural Determinants of Physical Activity in Young Children

[**http://www.aahperd.org/headstartbodystart/activityresources/upload/HowWePlay\_LitReview.pdf**](http://www.heartland.edu/redirect.jsp?url=http://www.aahperd.org/headstartbodystart/activityresources/upload/HowWePlay_LitReview.pdf)

*Inspiring Play* Magazine

[**http://issuu.com/inspiringplay/docs/inspiring-play-magazine-fall-2012/1?e=5549491/2965477**](http://issuu.com/inspiringplay/docs/inspiring-play-magazine-fall-2012/1?e=5549491/2965477)

Kids with Special Needs and the Power of Play [**http://www.youtube.com/watch?v=pwWeW7PTB\_w**](http://www.youtube.com/watch?v=pwWeW7PTB_w)

Lane, S.J., & Mistrett, S. (2002). Let's play! Assistive technology interventions for play. *Young Exceptional Children, 5*(2), 19-27. [**http://yec.sagepub.com/content/5/2/19.full.pdf+html**](http://yec.sagepub.com/content/5/2/19.full.pdf%2Bhtml)

Lifter, K., Foster-Sanda, S., Arzamarski, C., Briesch, J., & McClure, E. (2011). Overview of play: Its uses and importance in early intervention/early childhood special education. *Infants and Young Children, 24*, 225-245. [**http://journals.lww.com/iycjournal/Fulltext/2011/07000/Overview\_of\_Play\_\_Its\_Uses\_and\_Importance\_in\_Early.2.aspx#**](http://journals.lww.com/iycjournal/Fulltext/2011/07000/Overview_of_Play__Its_Uses_and_Importance_in_Early.2.aspx)

Making the Most of Creativity in Activities for Young Children with Disabilities

[**http://www.naeyc.org/files/tyc/file/MitchellVol2No2NEXT.pdf**](http://www.naeyc.org/files/tyc/file/MitchellVol2No2NEXT.pdf)

National Professional Development Center on Inclusion. (2009). *Research synthesis points on early childhood inclusion.* Chapel Hill: The University of North Carolina, FPG, Author.

[**http://npdci.fpg.unc.edu/sites/npdci.fpg.unc.edu/files/resources/NPDCI-ResearchSynthesisPoints-10-2009\_0.pdf**](http://npdci.fpg.unc.edu/sites/npdci.fpg.unc.edu/files/resources/NPDCI-ResearchSynthesisPoints-10-2009_0.pdf)

Play-Focused Program and Children With Autism

[**http://www.medicinenet.com/script/main/art.asp?articlekey=164577**](http://www.medicinenet.com/script/main/art.asp?articlekey=164577)

Play Modifications for Children with Disabilities

[**https://mymission.lamission.edu/userdata/mermelrd/docs/NAE50.pdf**](https://mymission.lamission.edu/userdata/mermelrd/docs/NAE50.pdf)

Video 1.12 Routine in a Program – Rolling with Friends (from CONNECT Module 1) [**http://community.fpg.unc.edu/connect-modules/resources/videos/video-1-12**](http://community.fpg.unc.edu/connect-modules/resources/videos/video-1-12)

Play is . . . how we build relationships

10 Things Every Parent Should Know About Play

[**http://families.naeyc.org/learning-and-development/child-development/10-things-every-parent-should-know-about-play**](http://families.naeyc.org/learning-and-development/child-development/10-things-every-parent-should-know-about-play)

Boulder Boy from *First Person Impressions of Being a Baby*. Available for purchase at [**www.childdevelopmentmedia.com/first-person-impressions-of-being-a-baby/**](http://www.childdevelopmentmedia.com/first-person-impressions-of-being-a-baby/)

The Importance of Play in Promoting Healthy Child Development and Maintaining Strong Parent-ChildBonds[**http://pediatrics.aappublications.org/content/119/1/182.full**](http://pediatrics.aappublications.org/content/119/1/182.full)

Isaacs, J. B. (2012). *Starting school at a disadvantage: The school readiness of poor children*. [**http://www.brookings.edu/research/papers/2012/03/19-school-disadvantage-isaacs**](http://www.brookings.edu/research/papers/2012/03/19-school-disadvantage-isaacs)

The Promise of Play: Play in the Family [**http://www.youtube.com/watch?v=MGJFxCne9pE&feature=relmfu**](http://www.youtube.com/watch?v=MGJFxCne9pE&feature=relmfu)

What is Early Learning? [**http://www.bornlearning.org/files/whatisearlylearning.pdf**](http://www.bornlearning.org/files/whatisearlylearning.pdf)

Play is . . . a pathway to healing

Trauma, Brain and Relationship: Helping Children Heal

*Each segment of this video is available to download separately. The segments are The Very First Relationship, Brain Development at Risk, The Many Faces of Trauma, Relationship-Induced Trauma, Healing Trauma, and You Make the Difference* [**http://healingresources.info/emotional\_trauma\_online\_video.htm#int**](http://healingresources.info/emotional_trauma_online_video.htm#int)

Play is . . . essential

# Marano, H. E. (1999). The power of play.

# [**http://www.psychologytoday.com/collections/201202/play-time/the-power-play**](http://www.psychologytoday.com/collections/201202/play-time/the-power-play)

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Ultimate Block Party

[**http://www.youtube.com/watch?v=ymoM1MtuO1w&feature=related**](http://www.youtube.com/watch?v=ymoM1MtuO1w&feature=related)or[**http://www.ultimateblockparty.com/**](http://www.ultimateblockparty.com/)

Play is . . . natural

Children and Nature: Helping Kids Connect to Life Mysteries

[**http://www.rootsofaction.com/leave-no-child-inside-how-nature-benefits-children/**](http://www.rootsofaction.com/leave-no-child-inside-how-nature-benefits-children/)

Children and Nature Network

*This network is leading the movement to connect children, families, and communities to nature through innovative ideas, evidence-based resources and tools, and broad-based collaboration.*

[**http://www.childrenandnature.org/**](http://www.childrenandnature.org/)

[**http://www.childrenandnature.org/research/detail/nature\_is\_critical\_and\_diminishing\_test/**](http://www.childrenandnature.org/research/detail/nature_is_critical_and_diminishing_test/)

A Conversation About Play with Dr. Alison Gopnik **<http://www.naeyc.org/files/tyc/file/TYC_V3N2_Gopnik.pdf>**

Cozolino, L. (2010). The neuroscience of psychotherapy. New York: Norton Publishing.

Erikson, M. F. (n.d.). Shared nature experience as a pathway to strong family bonds. *Children and Nature Network Leadership Writing Series, 1*(1). [**http://www.recpro.org/assets/Library/Children\_in\_Nature/shared\_nature\_exp\_pathway\_family\_bonds.pdf**](http://www.recpro.org/assets/Library/Children_in_Nature/shared_nature_exp_pathway_family_bonds.pdf)

Get ‘Em Outside video [**http://www.gettingkidsoutdoors.org/get-%E2%80%98em-outside-video/**](http://www.gettingkidsoutdoors.org/get-%E2%80%98em-outside-video/)

Get Out and Play [**http://www.healinglandscapes.org/related/play.html**](http://www.healinglandscapes.org/related/play.html)

Novotney, A. (2008). Getting back to the great outdoors. *Monitor on Psychology, 39*(3), 58.[**http://www.apa.org/monitor/2008/03/outdoors.aspx**](http://www.apa.org/monitor/2008/03/outdoors.aspx)

Living in the Real World Jim Greenman 1991

[**http://www.naturalplaygrounds.com/documents/NaturalPlaygroundsDotCom\_Living\_RealWorld.pdf**](http://www.naturalplaygrounds.com/documents/NaturalPlaygroundsDotCom_Living_RealWorld.pdf)

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[National Center for Physical Development and Outdoor Play](http://www.aahperd.org/headstartbodystart/) [**http://www.aahperd.org/headstartbodystart/**](http://www.aahperd.org/headstartbodystart/)

Natural Learning Initiative [**http://www.naturalearning.org/**](http://www.naturalearning.org/)

North American Association for Environmental Education (NAAEE) [**http://www.naaee.net/**](http://www.naaee.net/)

NAAEE Publication (guidelines for excellence in programs, International Journal of Early Childhood Environmental Education, free download of the Early Childhood Environmental Education Rating Scale) [**http://www.naaee.net/publications**](http://www.naaee.net/publications)

Environmental Education Toolbox (organized collection of publication for educators who provide professional development on environmental education) [**http://www.naaee.net/publications/eetoolbox**](http://www.naaee.net/publications/eetoolbox)

Outdoor Play[**http://www.pgpedia.com/o/outdoor-play**](http://www.pgpedia.com/o/outdoor-play)

Places to Play: A Guide to Protected Places for Fresh Air Fund Families [**http://www.tpl.org/sites/default/files/tpl\_convio/files/live/assets/files/local-places-to-play-guide.pdf**](http://www.tpl.org/sites/default/files/tpl_convio/files/live/assets/files/local-places-to-play-guide.pdf)

*Play Again* (award winning film)

[**http://playagainfilm.com/**](http://playagainfilm.com/)(free 2-minute trailer; ordering information)

Resource Guide Supplement to *Last Child in the Woods*

[**http://richardlouv.com/books/last-child/resource-guide/**](http://richardlouv.com/books/last-child/resource-guide/)

Sachs, N., & Vincenta, T. *Prescription for Play: Nature-Based Learning and Play for Children with Autism and Other Special Needs* [**http://kaboom.org/docs/documents/pdf/playschool/Prescription\_for\_Play\_Supplemental\_Materials.pdf**](http://kaboom.org/docs/documents/pdf/playschool/Prescription_for_Play_Supplemental_Materials.pdf)

Sequential Outdoor Learning Environment [**http://www.solenvironment.org/**](http://www.solenvironment.org/)

*Shane’s Inspiration: Where I Feel Like Me* (video on universally inclusive playgrounds) [**http://www.youtube.com/watch?v=yUDKtK6Gfls**](http://www.youtube.com/watch?v=yUDKtK6Gfls)

Supporting Outdoor Play and Exploration for Infants and Toddlers

[**http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/docs/ehs-ta-paper-14-outdoor-play.pdf**](http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/docs/ehs-ta-paper-14-outdoor-play.pdf)

Therapeutic Landscapes Network **<http://www.healinglandscapes.org/>**

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University of New Mexico Family Development Program. *Watch me play. Watch me learn: In nature.*

*This resource is available in English and Spanish.*

[**http://fdp.unm.edu/resources/books/watch-me-play-watch-me-learn-in-nature.html**](http://fdp.unm.edu/resources/books/watch-me-play-watch-me-learn-in-nature.html)

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The Wisdom of Nature: Out My Back Door [**http://www.communityplaythings.com/~/media/files/cpus/library/training-resources/booklets/wisdom-of-nature.pdf**](http://www.communityplaythings.com/~/media/files/cpus/library/training-resources/booklets/wisdom-of-nature.pdf)

1. This handout was created by Camille Catlett, Anne Stewart, and Janet Stewart. It is available to download at [**http://fpg.unc.edu/presentations/play-heart-development**](http://fpg.unc.edu/presentations/play-heart-development).Please cite this resource as follows:

Catlett, C., Stewart, A., & Stewart, J. (2014). *Play: The heart of development handout*. Retrieved from [**http://fpg.unc.edu/presentations/play-heart-development**](http://fpg.unc.edu/presentations/play-heart-development)

The authors encourage you to use and share this information as long as you provide appropriate attribution when doing so. For additional information, please contact Camille Catlett (**camille.catlett@unc.edu**) or Anne Stewart (**stewaral@jmu.edu**). [↑](#footnote-ref-1)