**Free Play**

 15 min  1 participant



**Let’s play**

1. Let’s have a free play session with the entire toolkit!

**How to prepare**

* 1 toolkit

**Facilitation tips**

* Observe, listen to and acknowledge children during play.
* Provide inspiration, support and encouragement.
* Suggest new experiences and challenges if free play becomes repetitive.

**Possible variations**

* Peer play: share the toolkit to cooperate, collaborate, co-create.

**Children will develop these holistic skills**

* COGNITIVE - Solve problems: anticipate the result of a manipulation, calculation or measurement
* CREATIVE - Identify various leisure activities to be done alone or with other people
* PHYSICAL – Manipulate, make an intentional movement with an object
* EMOTIONAL - Express emotions and feelings in a socially acceptable way
* SOCIAL - Distinguish between personal and collective interests

**Did you know**

* Free play is often physically active, highly joyful and meaningful to children.
* Free play is linked to executive functions, self-regulation, social skills, self-esteem, health and well-being.
* Children set own goals in the play, following their interests. They are often very active: exploring, asking what if, re-inventing ideas and creating new meanings.