

What Does Research Say?

Moving Together Boosts Cooperation



Research shows that children who experience moving exactly in sync with each other, like swinging together, are better at cooperating to complete tasks.

Rabinowitch & Meltzoff, 2017



Listening & Moving to Music Builds Language Skills

When children as young as 9 months listen and move to musical rhythms during social play sessions, their brains get better at identifying patterns in music and language.

Zhao & Kuhl, 2016

Play Creates Connections Inside and Out



Social and group play can spark curiosity about people and their environment. Children who participate in physical and social activities together show enhanced motor, social, and cognitive skills.

Pesce et al., 2016



More Information

Institute for Learning & Brain Sciences (I-LABS)

I-LABS Home
<https://ilabs.uw.edu/>



The Lab for Early Auditory Perception (LEAP)
<https://sites.uw.edu/babyleap/>



Free Training & Resource Library
<https://modules.ilabs.uw.edu/>



INSTITUTE FOR LEARNING & BRAIN SCIENCES

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IN SYNC: PLAY THAT CONNECTS HEARTS & BODIES

Moving,
Learning,
Growing!



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How Does Active & Social Play Affect Children?

Physical Development

Letting kids play independently and safely explore at the edge of their developing abilities helps them strengthen muscles and motor skills.



Language Development

Playful, social interactions build language skills from a young age. Adding movement and music add to the benefit!

HOLLA

HELLO

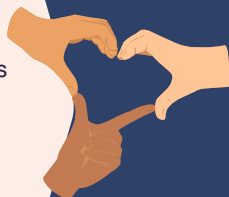
Cognitive Development

Social play, whether it is indoors or out, builds connections in the brain. As children learn about the world around them they imagine, think creatively and learn to problem solve.



Social-Emotional Development

Playful, collaborative activities like building with blocks or imaginative play encourages social connections and enhances social skills such as sharing and cooperation.



Community Focus: Play is for Everyone

Seattle-King County offers various community resources and opportunities for all young children and families to have accessible and safe spaces to learn and play in stimulating, inclusive environments.

Seattle Parks & Recreation Indoor Tot Gyms & Tot Rooms

<https://www.seattle.gov/parks/learning-and-childcare/toddler-indoor-play-areas>



Seattle Parks & Recreation offers free Indoor Gyms and Rooms for children 5 or under to play

Seattle Parks & Recreation Parks

<https://www.seattle.gov/parks>



In addition to indoor spaces for children, Seattle Parks and Recreation manages over 300 outdoor parks and green spaces. Find a park closest to you!

Seattle Sensory Playgarden

<https://seattleplaygarden.org/>



The Seattle Playgarden is a space dedicated to providing touch, scent, and sound experiences for children, especially those with autism or other developmental disabilities.



Move With Me!

Music and Dance

Listening and moving to musical beats helps kids learn patterns and rhythms. This helps develop language skills. So put on your favorite music and dance!



Moving Together

Try some activities that get you moving with others. Think swinging in sync, dancing, or playing with a parachute. It can help young children develop pro-social behaviors like sharing, helping, and cooperating.



Building Structures

Building is a wonderful social activity that helps children practice sharing and cooperation. Whether it is building with blocks to make a tower, a blanket or tree fort to play under, it strengthens children's skills in problem solving and social interaction.

