

31 reasons why play is important for children.

You work really hard at school so there has to be time for fun. Telaar,6.

So we can have fun and stay healthy. Eve,8.

Because play is free time and if you don't have free time you will go psycho. olivia, 8.

It brings people together. Max,9.

It is very healthy for you. Stephanie,8.

If we don't play we get weak and if we play we get stronger. Rajat,8.

So that we can have a good life. Mikayla,7.

So kids can learn. Bianca-Rose,7.

Play is more fun than listening and sitting down. Chelsea,10.

It's fun and releases my mind. Mooska,8.

Because we have a lot of fun doing it. Olivia,7.

We can learn more stuff we don't usually do. Xavier,8.

Because it gives you energy. Caitlin,5.

It makes you FIT and if you want to exercise it's a way of doing it. Isabella,10.

Play is a part of life. Amelia,7.

It makes you happy. Junior, 11.

Because if kids didn't play, they would get very bored. Leila,10.

So kids don't have to do boring work. Liam,6

We have a whole life to live and most of that life we are working. The other part of our life should be play to help us grow up. Vaishnavi,10.

You get a nice six pack and it will help you run fast. Alex,10.

Play creates friendships. Bianca,10.

It makes you smart. Dakoda,10.

Because it is relaxing. Caitlin,7.

It keeps us FIT and makes us more brave from dangerous things in the playground. Julia,8.

You can use your imagination Maiya,10.

Because we need fun or we cannot be happy children. Rachel, 12.

It releases stress from minds and lets creative ideas come out. Austin,8.

So you can make new friends. Adam,7.

You can get smarter from any games you play. Nathan,9.

Because it is the right of every child.

"Every child has the right to rest and leisure, to engage in play and recreational activities appropriate to the age of the child and to participate freely in cultural life and the arts".

Article 31, United Nations Convention on the rights of the Child (UNCRC)

To keep our brains stimulated. Lachlan,10.

Play, A Child's Right.

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