Unstructured play is child-led and allows children to follow their own interests and ideas without a defined purpose or outcome. It allows the child to explore boundaries and determine their own limits. Play is an integral part of every child’s healthy development. It is embedded in Article 31 of the Convention on the Rights of the Child: children and youth need time, appropriate space and opportunity to engage in quality play.

Most evidence to date indicates that unstructured play provides important health and developmental benefits to children, which supports the need to increase access to this kind of play. Further research is needed to confirm these findings. This project is funded with the generous support of the Lawson Foundation.
References

Mental and emotional health/ La stabilité mentale et émotive


Social health and team work/ La santé sociale et le travail d’équipe


Fun and creativity/ Le plaisir et la créativité


Physical health and gross motor skills/ La santé physique et la motricité globale


Learning and attention at school/ L’apprentissage et l’attention à l’école


Resiliency and risk management skills/ La résilience et les habiletés de gestion du risque


Children and youth need time, appropriate space and opportunity to engage in quality play/ Il fait partie intégrante du développement sain de tout enfant et figure à l’article 31 de la Convention relative aux droits de l’enfant.