

## Play and Movement

Links added regularly, the most recent at the top.

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[Sparing Chores Spoils Children and Their Future Selves, Study Says](#)

[The Play Deficit](#)

[Here's What Happened When a School Tried Recess Four Times a Day](#)

[What to Say When Your Kid Says "I'm Bored": It's Your Kid's Problem to Solve-Not Yours](#)

[The Unsafe Child: Less Outdoor Play is Causing More Harm Than Good](#)

[What Does Play Look Like?](#)

[Kids in Day Care Need More Outdoor Play Time](#)

[Make Time for Play - How to Balance Structured and Unstructured Play](#)

[Recess is Not a Privilege](#)

[Let 'Em Out: The Many Benefits of Outdoor Play in Kindergarten](#)

[How Free Play Creates Emotionally Stable Children in an Unstable World](#)

[Risky Outdoor Play Positively Impacts Children's Health](#)

[Kindergartens Ringing the Bell for Play Inside the Classroom](#)

[More Play, Please: The Perspective of Kindergarten Teachers on Play in the Classroom](#)

[How Finland Keeps Kids Focused Through Free Play](#)

[Why Kids Need to Move, Touch, and Experience to Learn](#)

[Letting Kids Move In School Isn't A Break From Learning - It IS Learning](#)

[Linking Literacy and Movement](#)

[The Power of Touch](#)

[Scientists Say Child's Play Helps Produce A Better Brain](#)

[Four Crucial Ways Playing Outdoors in Winter Benefits Children](#)

[Five Ways to Let a Little More Risk Into Your Child's Day and Why That's a Good Thing](#)

Study: [Less-structured time in children's daily lives predicts self-directed executive functioning](#)