



# TOP BENEFITS - OF - *Active Play*

## HEALTH BENEFITS:

- Improved muscle and bone growth and development
- Improved coordination and movement skills
- Improved sleeping patterns
- Reduced risk of unhealthy weight gain
- Reduced risk of developing type 2 diabetes and cardiovascular disease

## SOCIAL BENEFITS:

- Improved cooperation, teamwork, and leadership skills
- Increased ability to develop friendships
- Reduced anti-social behavior, including aggressive and disruptive actions

## EMOTIONAL AND COGNITIVE BENEFITS:

- Increased confidence, happiness, and self-esteem
- Improved concentration and management of anxiety and stress
- Increased motivation and organizational skills
- Improved learning outcomes