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Do you remember what your favorite toy was during your childhood? Well, if you do remember, then ask your parents, they will give you the clear knowledge. Your parents will tell you the story of your childhood days where in which you spent hours playing with the box that a toy came in rather than the toy itself. If you do not believe that, just visit the school then you will get to realize. You will mark that how children are in happiest mood even if they play with the most insignificant toy, happily transforming them into objects that they desire. In the simplest terms, this is called creative play; the ability to use simple objects and using the mind to create something brilliant.

Without keeping any iota of doubt, we can say that play is a natural activity for the kids and hold a great importance. It plays an important role in childâ€™s growth and gives them exposure for the knowing different kind of activities. Psychologists believe that Play is important for the overcoming of emotional disturbances. It is also essential for self control and for grasping different lifestyles with everyday experiments. Play enhances capabilities and social awareness within children. There are many different types of games in play like indoor games, outdoor games and it is also accompanied by the physical activity.

Play also makes the kids mentally and physically fit. Your child jumps, runs, goes up and down the stairs, bends, sits and stands, bicycles and skips. In doing all these muscular activities, the child makes use of the body limb and makes them strong. It also builds up the senses like hearing and touching. The child who play are more active than the child who are not given chance to do outdoor activities. The energy of the child should be utilized by playing otherwise if it is stored in the body then it can result in uneasiness, anger and quarrelling.

Creativity is the ways of self expression and there is nothing satisfying in this world for the children than to express themselves freely and without any evaluation. In this fast moving world everyone should have creative skills in order prove themselves. Creative experiences can help children express and cope with their feelings. This experience enables the parents, teacher to know more about the child like their feelings and thinking.

Creativity gives mental growth to the children by providing chance to try new ideas and problem-solving. It is also important to foster the children so that they can come up with new ideas. When the children are praised for their work they really feel encouraging and it arouses their interest. Therefore being path leader for your children, you should support the creative process by appreciating and offering help for children's efforts.

Give your children the chance to make their own choices. Provide them opportunities with ample time to experience and explore expressive materials. What the children learn during the creative process is most important for them. Children show their creativity when they are introduced with familiar materials in a new or unusual way, and when children engage in role-playing and imaginative play.

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