

Benefits of Rough & Tumble Play

Physical skills

- allows children to assess their own strength and that of others
 - meets children's deep need for touch and physical contact
 - helps children learn how their bodies move in space and how to organize spatial information
 - helps promote motor planning: children desire to learn more complex movements through the complexity of the play
 - offers energy release and start/stop skills
-

Social-emotional and self-regulation skills

- facilitates friendships and promotes cooperative behavior and attitudes
 - puts children into real situations where they can practice authentic competitive and cooperative interaction
 - promotes cooperation and leadership, social-negotiation skills: children want the play to continue so they work toward cooperative interactions
 - promotes development of self-restraint and self-limits: children put rules into practice
 - nurtures skills for emotional encoding and decoding ("this is play"): children work to develop clear play signals
 - affords opportunities to practice and try out role 'trade-offs' and 'self-handicapping' and other social strategies to keep the play going
 - encourages development of compassion and of learning to be gentle
 - helps children understand appropriate ways to handle power and violence within a social community
 - promotes development of skills and self-confidence to deal with risk and competition
 - helps children learn authentic problem solving and adaptation to novel events
-

Cognitive skills

- encourages enhanced flexibility in responding to novel events
- helps children "tune in" to feedback from reactions of the other players, both verbal and non-verbal
- helps children create stories, or "narratives," representing their own interpretations of told stories
- helps children develop neural networks related to the ability to control impulses and make judgments