



# DEVELOPMENT THROUGH PLAY

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Play in the Bible



Development through Play



Effects of Modern Play



What can we do?





PLAY IN THE BIBLE



# PLAY IN THE BIBLE

- Prophecy to the city of Jerusalem (Zechariah 8:5)
  - “The streets of the city shall be full of boys and girls playing in its streets.”
- Apostle Paul (1 Corinthians 9:24-27)
  - Uses recreation as an example for self-discipline.







# PLAY IN THE BIBLE

- David (1 Samuel 16-17)
  - Grew up in the fields tending sheep.
  - Was a poet and hymnodist.
  - Overcame lion and bear in his youth.
  - Overcame Goliath.
  - God used David's skills, learned in the fields through play, to show His glory through David's life.



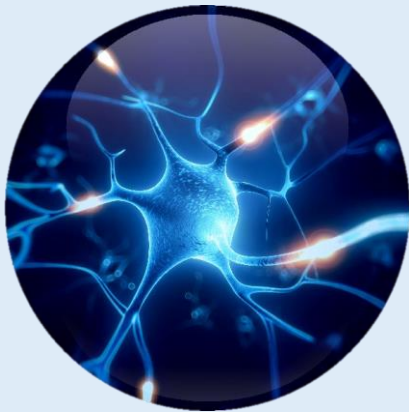


DEVELOPMENT THROUGH PLAY



# DEVELOPMENT THROUGH PLAY

- From birth, child's brain forms connections through stimulation.
- Our goal is to provide as much stimulation as possible to give the brain an opportunity to build those connections.





# DEVELOPMENT THROUGH PLAY

- WHY DO CHILDREN NEED TO PLAY?
  - ✓ Play helps with physical, emotional, social, and cognitive development.







# DEVELOPMENT THROUGH PLAY

- Physical Development

- Development of gross motor skills, fine motor skills, senses, and brain growth.

- Emotional Development

- Emotional Intelligence: ability to perceive others' emotional state, and to adopt an appropriate response.





# DEVELOPMENT THROUGH PLAY

- Social Development

- Facilitating interaction and communication with others.

- Cognitive Development

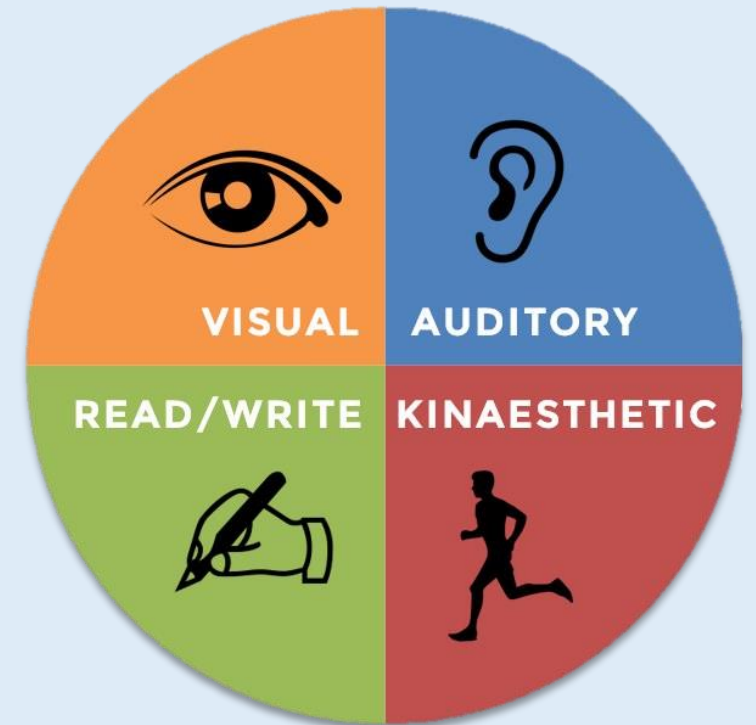
- Includes memory, concentration, attention, perception, imagination, creativity, problem solving and decision making.





# DEVELOPMENT THROUGH PLAY

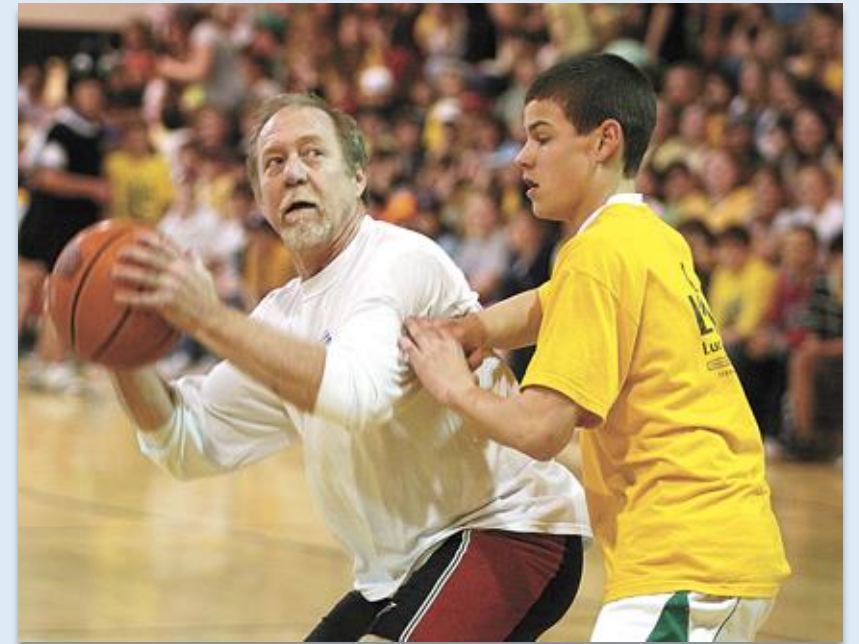
- Play reaches all 4 types of learners.
- Intrinsically Motivating
  - Intrinsic Motivation - arises from within the individual. (Students learn for themselves)
  - Extrinsic Motivation - arises from outside the individual by external rewards. (Students learn for a reward)





# DEVELOPMENT THROUGH PLAY

- As a leader, your goal is to help students learn through intrinsic motivation by creating an intrinsically motivating environment.
  1. Replace reward with love.
  2. Provide intriguing games and activities.
  3. Be an example, get involved in games and activities with you students.







# EFFECTS OF MODERN PLAY



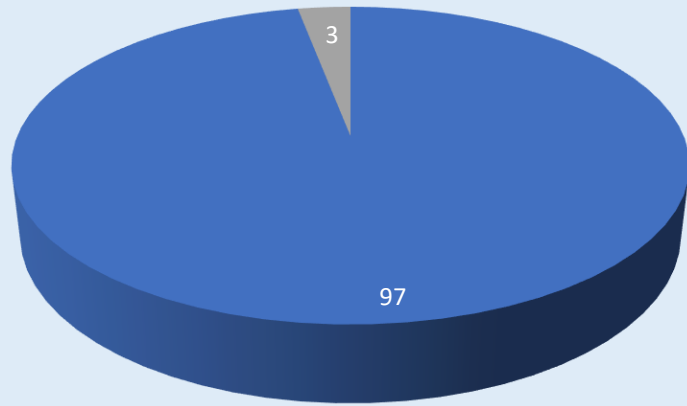
# EFFECTS OF MODERN PLAY

- Play in the 21<sup>st</sup> century
  - Technology impacts child's development.
  - Average 8- to 10-year-old spends almost 8 hours a day with a variety of media.
  - Older children and teenagers spend around 11 hours per day with media.





# EFFECTS OF MODERN PLAY



- Play video games
- Don't play video games

- Boys – 99%
- Girls – 94%





# EFFECTS OF MODERN PLAY

- Addictive

- Rewards in the games, trigger the reward system in the brain to release dopamine hormone which feels good.
- Higher levels of adrenaline
- Visually pleasing
  - High levels of contrast
  - Good graphics
- Good sound effects







# EFFECTS OF MODERN PLAY

- Negative Effects

- Harms Attention Span
- Increases Aggression
- Reduces Self-Soothing and Self-Regulation Skills
- Risk of Depression and Anxiety
- Reduced Physical Activity
- Risk of Obesity / Problem with Digestive System
- Hurts School Performance
- Limits Interpersonal Interactions





# EFFECTS OF MODERN PLAY

- What causes negative effects of video games?
  - Autonomic Nervous System
    - Sympathetic NS vs Parasympathetic NS



## DIFFERENCE BETWEEN SYMPATHETIC AND PARASYMPATHETIC



### PARASYMPATHETIC NERVES

Vs

### SYMPATHETIC NERVES

Constrict pupils



Stimulate Saliva



Slow heartbeat



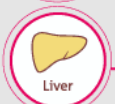
Constrict airways



Stimulate activity of Stomach



Stimulate gallbladder



Stimulate activity of Intestines



Contract bladder



Dilate pupils



Inhibit Salivation



Increase heartbeat



Relax airways



Inhibit activity of Stomach



Inhibit gallbladder



Inhibit activity of Intestines



Secrete epinephrine & norepinephrine



Relax Bladder



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# The Autonomic Nervous System Explained



## The Sympathetic Nervous System

- Fight or flight
- Prepares the body for stress
- Cortisol and adrenaline
- Increases heart rate and blood pressure
- Decreases digestion



## The Parasympathetic Nervous System

- Rest and digest
- Returns the body to a calm state
- Growth hormones, DHEA, Melatonin
- Decreased heart rate and blood pressure
- Repairs the body



# EFFECTS OF MODERN PLAY

- Sympathetic NS is activated
- Energy releases in to a “Fight” response
- Body experiences high levels of stress
- It takes on average 20 to 60 minutes to regulate stress levels.







# EFFECTS OF MODERN PLAY

- Positive effects
  - Visual-Spatial Skills
  - Multi-Tasking Skills
  - Decision-Making Skills
  - Problem-Solving Skills
  - Educational games help children learn
  - Intrinsically motivating, making video games a great classroom tool



WHAT CAN WE DO?



# WHAT CAN WE DO?

- Considering the positive benefits of play, including video games, we can use these benefits as a tool in our ministry.
  1. Incorporate technology in our Sunday school lessons.
  2. Create visually appealing visuals.
  3. Incorporate music, sounds and sound effects into our lessons.
  4. Incorporate natural play in our classrooms.
  5. Use reward system.





# WHAT CAN WE DO?

## RESOURCES

Online Games – YouTube

Online Games – that can be modified

In-Class Games

PPT Games







Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore, I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

1 Corinthians 9:24-27



# Questions?

