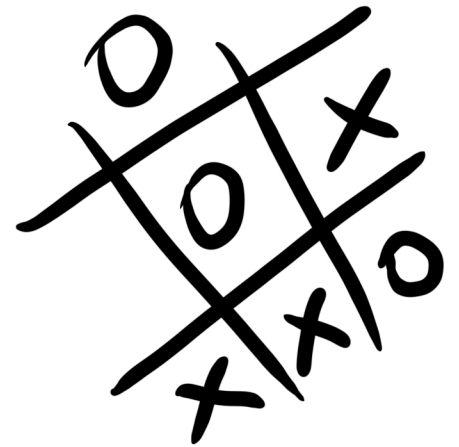


Why is play important in tough times

You know what's amazing about tamariki? They're like little superheroes who can process tough stuff through play! Cool hey? Play is a powerful way for tamariki to make sense of trauma and work through big emotions.



When something tough happens for tamariki it can be difficult for them to understand what's going on and express the emotions they are feeling. But through play, tamariki can explore their thoughts and feelings in a safe and creative way.

By acting out different scenarios with toys or games, tamariki can start to process what's happened and find ways to cope. This can be a game-changer because when trauma is left unaddressed, it can have a big impact on their wellbeing. Play is literally their therapy!

That's why even though it might be hard for us as kaitiaki and adult whānau, it's so important to encourage tamariki to express themselves through play. Whether it's building a fort and watching the imaginary water rise, playing dress-ups with high-viz gear or beyond this just kicking a ball around, playtime is a chance for them to work through their experiences and emotions in a way that's meaningful to them.

So next time you see your tamariki playing, know that they might be working through some heavy stuff and spend time with them playing too - it's actually good for us all!

