

PRESSING 'PLAY'

Play is **essential** for the cognitive and affective development of gifted and talented pupils:

- Enhances cognition and metacognitive skills (process/rules)
- Provides much needed 'downtime' to enable the brain to settle/process chunks of information acquired during classroom hours
- Enhances emotional intelligence (encoding/decoding social signals)
- Enhances perceptual-motor and social skills
- Provides immediate feedback to participants and engages them in decision making processes
- Enhances creativity, motivation and self-esteem
- Stress Reduction and Neurogenesis
- Enhances Auditory Discrimination