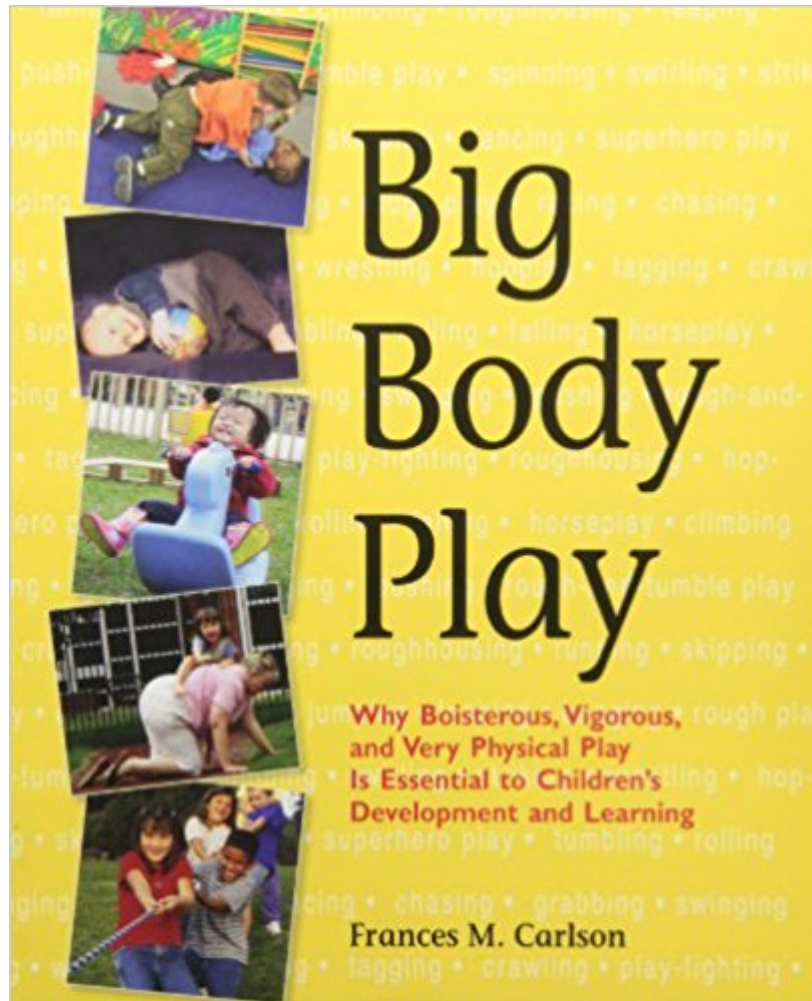




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# Big Body Play



## Synopsis

Drawing from evidence-based practice and the latest research, this book explains the multitude of benefits of big body play for young children's social-emotional, cognitive, and physical development. Also learn how to organize the physical environment, set rules and policies, and supervise the play.

## Book Information

Paperback: 103 pages

Publisher: National Association for the Education of Young Children; 1st edition (July 31, 2011)

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Product Dimensions: 8 x 10 inches

Shipping Weight: 8.8 ounces

Average Customer Review: 4.8 out of 5 stars 6 customer reviews

Best Sellers Rank: #230,433 in Books (See Top 100 in Books) #48 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children

## Customer Reviews

Great condition and very prompt.

Filled the need for less expensive text books!

Big Body Play supports my observations as an early childhood professional for over forty years. Children need to move, to go outdoors and get fresh air and learn to use the big muscles in their bodies. Research now shows that cognitive learning increases when children are given time to play using the large muscles in their bodies. Big Body Play gives insight into research and how to keep children safe and still let them have the opportunities to climb, roll, run, walk and crawl daily to help them develop. When children play rough and tumble they should be smiling and happy and enjoying the playtime. This is the difference between aggressive play situations where one or more of the children are unhappy so we as adults need to structure Big Body Play.

This is an excellent look at what big body play is and is not, why it's necessary and not just for physical development, and how to safely and appropriately incorporate it into your classroom curriculum. It also offers advice on how it can meet state standards for curriculum, how to approach

co-workers and parents who have concerns about big body play, and some suggestions on activities. My only grumble was that I would have liked more information on big body play and different cultures; it looks primarily at the US culture, touching only briefly on others. Other than that, this is an excellent resource for teachers. Carlson has an easy style that never patronizes or condescends and gives lots of examples. I borrowed this from my school's staff library.

Anyone who works in early childhood education knows the wonderful, and sometimes exhausting, energy that children possess. Frances gives hands-on ideas as well as the pedagogy of big body play!

This is an important message to those who are educators and caregivers. Children need more physicality everyday of their lives.

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