What is play therapy? ...and why is it important?

PEDAL
PLAY IN EDUCATION DEVELOPMENT AND LEARNING

#PlayTherapyWeek2023

Play therapy is a way of helping children express their emotions and deal with difficult situations by using play as a form of communication.

Play therapy typically happens in a designated playroom with intentionally curated toys to support a child as they use play to communicate at their own pace.

Play therapists are registered professionals with extensive specialist training in mental health. They harness the therapeutic powers of play to support their clients' growth & development.

Play therapy can: help improve children's self-esteem and their relationships with others; enable them to process traumatic experiences safely, and increase confidence in problem solving.