

Chapter 31

Playing as a tool to help children in child development

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1 INTRODUCTION

The present study aimed to present the importance of playing as a tool to help child development, seeking to bring a more interactive knowledge about the theme addressed. During the project, we addressed fundamental issues such as the importance of playing, potential development, organization of the environment and activities that favor the psychosocial development of the child in the act of playing.

According to Lemes, Lopes and Nina (2018), playing is part of the child's needs, it is through them that it is possible to express their attitudes or what they are feeling at this moment. The playful for the child is something that brings satisfaction and joy, because it is through play that the child learns correctly, stimulating sensory functions, motor functions and emotional function.

We must understand that there is an individual variety in each way of playing, that according to Silva (2013) the quality of play depends on numerous variables such as the values of each child. Therefore, we must respect the interest of each child and seek to work on their spontaneity, giving them new challenges, which will be necessary for their training in the process of knowledge construction, in addition to motivating play and providing a special climate in learning.

The games as well as the drawings address a fundamental aspect of human development, emotions, according to Jesus and Lempke (2015) the drawings and games in the schooling phase have great importance because it is through them that children can express themselves emotionally, since they have difficulty in verbally expressing their feelings. Play then also becomes a form of communication and learning, which can be stimulated from the family environment to the school environment.

However, very little is thought of the act of playing, for many to see children playing is something natural and without relevance, after all it is just a child doing what he likes, playing. But it goes much further, for Correa (2019, *apud* Maluf, 2003), in playing the child develops, learns, teaches, expresses, interacts and this is all fundamental for the maturation and development of potentialities.

2 MATERIAL AND METHODS OR METHODOLOGY

According to Papalia (2013), in the second childhood, considered from 3 to 6 years of age the child undergoes several body transformations, with this, there is also the development of thick and thin motor skills, that is, running, jumping and painting. And we cannot fail to consider the importance of cognitive development, notable at this stage by the awareness of identities, empathy and symbolic function.

The project begins with the creation of the page on the *digital platform Instagram*, so that users interested in the theme cited have constant access to shared information. Five themes related to the initial question were addressed, arranged in nine stages held between October 20 and November 12. The contents were displayed through videos, posts and application of specific polls and games that aid in child development in childhood.

The first theme addressed was "The importance of playing", presenting the main influences and benefits of playing on the child's development.

The second theme was "Emotions as a form of communication and expression", where we present the importance of music in child development, such as the improvement of verbal and body language, besides being a valuable instrument for literacy.

In the third theme was presented "The development of potentialities through play", addressing games such as memory in the acquisition of potentialities such as attention and memorization and educational digital games such as Bimi Boo and BabyBus, which address issues such as hygiene habits, animals, geometric shapes, colors and several other very important topics. Using this theme was proposed a challenge to users - share in their profiles a photo of when they were children saying what was their favorite game, favoring childhood memories, emotions, general changes such as tastes, behaviors, personality and make it easier to association play with development.

The fourth theme was "The importance of the organization of the environment", relating the importance of organizing the available play space with the application of games and activities, presenting objects and materials often available at home, such as scraps for example, as a source of creativity, where two chairs and a sheet can turn into a small house, a broomstick can become a wooden horse or a pot cap become a steering wheel, also contributing to the adaptation of play and exploitation of the environment.

In the fifth theme was addressed some "Tips of games and activities" that stimulate the development of potentialities, such as hide-and-seek that stimulates motor coordination, balance and spatial perception, the make-believe that helps children to reflect more on themselves and the world around them, on the ability to face fears, in addition to working on language.

The sixth theme was presented some "Tips on how parents can behave in play". We also made a video with a 5-year-old female child, where she developed some games using creativity and adapting to the space available at home.

The seventh theme was "Evaluation of the content published in poll form". Polls and questionnaires were developed addressing issues related to the applicability of the project, quality of posts, importance of the theme, influence on the public, use and satisfaction.

3 RESULTS AND DISCUSSION

According to Papalia (2013, p. 296), play is the main activity of the second childhood and contributes to the healthy development of the body and brain, besides contributing to all aspects of development. It is also worth mentioning, as mentioned by Hawes (1996), that playing in a safe environment provides the child with the practice of behaviors and skills that will be necessary for adulthood.

During the application of the project through posts, polls and questionnaires we obtained several results of interaction and understanding of users followers. Through our page we reach about 897 Instagram users, 72 profile visits, 11 comments, 38 referrals and approximately 292 likes.

Among the questions elaborated and answered on the topic addressed *are "How necessary do you consider playing for child development?"* of the 28 people who responded, 100% consider playing fundamental. *"And for you what is the importance of playing?"* 100% of the 31 answers consider that play stimulates creativity and the demonstration of feelings. *"What can the child develop through play?"* of the 28 answers all voted that the child can develop perception, motricity, social interaction and creativity through play. *"How can parents assist in child development?"*, of the 25 voting people, pointed out the alternative that parents assist in child development by stimulating imagination and creativity through play. *"Do you think it is important to organize the environment for the development of games?"* we got 24 responses being 87% yes and 12% maybe, where some told us that they think it's *important because "a more organized and clean environment can explore more and see clearly", "so that the child feels more at ease, helps in development and imagination"* and *"stimulates creativity even more"*.

At the end we did a poll focused more on the results that the page obtained through the interaction and learning of users, composed of *the questions "Did our posts help you in any way?"* where there was interaction of 20 voters, 85% that yes, which can apply many tips I saw on Instagram, 10% no, more had studied about it, and 1% that a little. *"Did you know the influence of music on development?"* where of the 22 responses, 81% voted yes, 9% no and 9% no, but now understood the importance in the process. The last question was focused on the application of the suggested activities, *"Have you ever done or liked any joke in our profile?"*, we obtained 18 answers, being 78% yes, adores, 15% no, 2% some.

With this, we consider it essential to introduce people to the importance of playing, what are its benefits for children and also observe through interactions made with polls, how users of the Instagram platform perceive this activity. The posts sought to use clear and easy-to-understand language, always based

on scientific studies. It is thought that the theme addressed already has great important and essential scientific research that contributed to the elaboration of our project and is also a source of learning for many others.

We also consider that, in view of the digital way of life in which we are inserted and the context of pandemic, it becomes very important to study and create new digital games that aim to teach about psychological health, emotional, psychosocial and cognitive development.

4 FINAL CONSIDERATIONS

Through research conducted it can be concluded that play is essential during childhood, it is through it that the child develops many skills that will be used throughout life and through the results obtained, it is perceived that the lay public also considers that this process helps in the healthy development and acquisition of potentialities, also providing quality of life to the child.

In play the child explores all its potentialities, she imagines, thinks, expresses herself and learns to have critical sense, helping to overcome some fears and provides new learning.

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