

03 / THE SCIENCE OF MEANINGFUL EFFORT

Physical Play and Brain Development

Why the body matters to learning, regulation and resilience.



Children learn with their whole bodies. Through effort, movement, repetition and purposeful challenge, they explore their capacity and their world. Drawing on developmental research, including neuroscientist Kelly Lambert's work, this session reconsiders the place of physicality in everyday play.

THE QUESTION AT THE CENTRE

“Where can children use their bodies to work, persist, experiment and experience competence?”

WHAT YOUR TEAM WILL GAIN

01

Understand effort

Explore connections between purposeful action, motivation and emerging confidence.

02

Broaden physical play

See opportunities beyond climbing and running, including lifting, building and making.

03

Respond to play bias

Notice when environments offer a narrow range of movement and challenge.

FOR DIRECTORS AND LEADERS

A clearer developmental rationale for diverse physical experiences across the daily program.

INTO EVERYDAY PRACTICE

Identify achievable changes to routines, resources and the environment that support meaningful physical engagement.

FLEXIBLE LEARNING FORMATS

90 MINUTES

In service learning

HALF DAY

Saturday group sessions

OPTIONAL

Play environment review

INCLUDED Practical resources, reflection prompts and actions to continue the learning.

Explore Physical Play and Brain Development for your team

Register your interest and arrange a conversation about your service.

