

## *What are the benefits of OPAL?*

Benefits of play:

- Children are more active, confident and socially adept.
- Children are more engaged and included because they want to play and are 'play literate'.
- Children settle more quickly in to their lessons after play time.
- Children are able to accrue cognitive, emotional and creative benefits. As well as physical improvements to their health and wellbeing.
- Regular exposure to natural play experiences can help those children with behavioural issues.
- Schools have a long-term plan, a clear policy which parents can understand.
- Children take their love of play home.

