

HOLISTIC EDUCATION THROUGH PLAY-BASED LEARNING

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“ We are designed to be **lifelong players**, built to benefit from play at any age. ”

(Vaughan & Brown, 2010, p.48)

Holistic Education

“Education specifically has done much to **sever** the relationship **between head and heart**” (Miller, 2019, p.5-6). Thus, the Holistic approach seeks to reunite the child’s mind, body and heart as it considers the “**whole**” child within their development.

(Miller, 2019, p.5)

What is Play?

Activities are considered playful when they:

1. Help students **find meaning** in what they are doing or learning;
2. Enable children to become **deeply engaged**;
3. Include **iterative thinking processes** like tinkering, experimentation and hypothesis-testing;
4. Promote **social interaction**, and
5. Are experienced as **joyful**.

(CPSN, 2023)



Why Play?

- Vygotsky’s theory of the Zone of Proximal Development; learning through social interactions and guided practices.
- Play as an opportunity for **cognitive, social and emotional development**.
- Play as an opportunity for social negotiation, problem solving, creative thinking, physical exploration and self-regulation.

(Nahmad-Williams, 2012, p.124).

“ ‘play ethos’—that is, a belief that play and learning are synonymous—**play is learning**. ”

(Wallace & Lewis, 2020, p.5)



The ‘Re’-factor

Trauma-Informed educators can implement the notion of ‘play’ in the classroom as it serves as a powerful tool. Play allows for the student to “**re-work, re-frame, and re-visit the self and [their] beliefs.**”

The ‘re-factor’ allows the student to re-work and re-frame a negative thought or belief, which requires the positive thought “**to be repeated and reinforced** until we physically, mentally, and emotionally embody the belief.” Play is a great opportunity for this repetition and reinforcement to occur.

(Wallace & Lewis, 2020, p. 11)



Different Categories of Play

Green Play

- Focused on the outdoors.
- Encourages positive risk taking.
- Includes expeditions and excursions.
- Includes learning on the land, gardening and caring for animals.

(CPSN, 2023)

Screen Play

- Focused on the use of digital devices.
- Typically collaborative and networked.
- Includes video games, virtual reality spaces and creative applications.
- Includes the writing, and production processes.

Machine Play

- Focused on activities with physical materials.
- Includes the building of things such as robots, or models.
- Promotes problem solving skills through tinkering and creating.
- Includes collaborative and individual work.



Gamification and Drama Activities

- Role-play activities or games such as Dungeons & Dragons, Mafia or Werewolf
- Voiceover and Characterization work
- Playwriting and Theatrical Performances
- Improv and Miming exercises

Follow the QR code for a complete Booklet on Drama Activities



References

Follow the QR code for the complete Reference List and Read More about Play!

