

PLAY BASED ACTIVITIES VITAL



Pupils of Olwiyo Primary school in Nwoya playing

By Ritah Mukasa

Learners should enjoy the best learning experience from school. Peter Okware, a teacher trainer and founder of Teachers in Need (TIN) organization says, teachers can only deliver that experience by combining classroom teaching with physical activities.

To him, play areas are as important as the modern classrooms schools parents prioritize.

Remember, schools have to prepare learners for their future careers. But they should also equip them with essential life skills and attitudes which they leverage to navigate adulthood. To Okware, these skills and habits are learnt from the playground. While playing, children become creative thinkers, collaborators and team leaders.

“Don’t underestimate play. As they jump and run

around, they are learning to be kind, patient, proactive and resilient,” he says.

But also, in that process, children learn to tolerate others, share, empathize and express their thoughts and ideas. The more they play, the more they improve those vital life skills. Zaharah Namanda an educator adds that a child with such skills easily interacts with others in school, at home and later, they turn out to be good employers, leaders, employees and parents.

When it comes to sharing, Sarah Legamoi, a kindergarten teacher says; “We usually receive kids who are entitled.” They feel everything belongs to them, from toys to furniture and food. But through play, they learn to socialize with others. Children are also taught basic hygiene practices and how to take care of themselves.