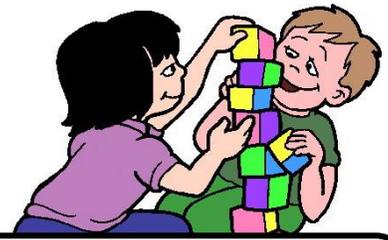


C 5.3 LET US PLAY



C 5.3.5.

Let us identify some benefits which we acquire through play.

A. Write these captions below the people who are saying them.

PLAYING TEACHES US HOW TO LOSE

PLAYING MAKES US HAPPY

PLAYING HELPS US MAKE FRIENDS

PLAYING RELAXES US



My name is Lino. I cannot live without playing. After a day at school, what can be nicer than grabbing a rope and running all around the block where I live. I really feel relaxed after a bit of exercise!

My name is Johnny. Up to a few days ago I used to be very sad. I did not have any friends at all. Then I enrolled at the football club nursery, and twice a week we have training. During the training session I meet up with my friends. Now I have many friends!



My name is Govanna. Playing really does me good. When I was younger, I used to get very annoyed and upset if I ever lost a game. I used to really cry. Even if I got a sum wrong, I used to cry. Through playing I learnt that I cannot win every time!



I am Salvu. They asked me to write a comment about playing. I love playing a lot. But, do you know, what I like most is when we score. When we see the ball enter the net, me and my friends start to jump and shout. That moment is too nice!

B. Fill in the blanks with the given words.

outdoors studying always united
rest friends benefits Learn



There is no doubt that playing has huge _____. Playing can be beneficial to both adults, as well as children.

When our brain gets tired, after a long time _____, the best thing would be to play a game. Both playing indoors, such as a card game, as well as playing _____, such as a bike ride, calms us, relaxes us, and our brains start to function well again. Remember that even if through play we can get physically tired, however mentally, meaning our brains, definitely _____.

Through play we can _____ a lot. Through play we use our brain and do our best to help our team to win. When we win we feel satisfied. Even when we lose, we should remember that we cannot _____ win. Playing teaches us how to take a loss.

Playing can also help us to make _____. During play we mix with our friends, we learn to accept one another's imperfections and we learn how to work as a _____ team. Playing is very important for our development.