



MANAS

Speaks

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Children's Mental Health Matters!

#ChildMentalHealth

CHILDREN'S MENTAL HEALTH

Childhood Trauma

IVF Child

Giftedness

All about ADHD

Temper Tantrums

The Academy of
Psychology



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MANAS *Speaks*

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Manas Speaks is a monthly magazine from Manas-The academy of psychology, to publish a wide range of conceptual articles relating to different perspectives on methodologies in psychological research and to support student communities to strengthen their knowledge.

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Author Guidelines

We accept submissions through email. You may send us manuscripts for the following submission categories: Any submission related to psychology, short stories, book review, movie review, psychology concepts, case studies, cartoons, memes or a specific genre. Content should be related to psychology, your manuscript must be in one of the following file forms word, pdf and jpeg. please send content related pictures if you are interested. All manuscripts should be in 12 point type, with at least one-inch margins, and sequentially numbered pages. The author's name, address, telephone number, and email address should be typed at the top of the first page. Contributors are asked to include a brief biographical note with their submissions. Submissions may be sent to us at any time, year-round. Manas speaks is a non-profit magazine with the ambition of encouraging good literary work. We desire is to connect readers and writers, and we strongly encourage anyone interested in submitting work to read the magazine before submitting. You may read the magazine for free. If you enjoy reading it and wish to submit it, we hope that the reading is strengthening your mental muscles. we are strongly committed to publishing debut and emerging writers.

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Play



*"Children need the freedom and time to play. Play is not a luxury. Play is a necessity."
-Kay Redfield Jamison*

Academic learning has long been relegated to the realm of the classroom. However, academic learning need not be limited to the indoor environment but in spilling out into the playground makes learning more relevant and engaging for students. This raised the question, "what hinders teachers from using the playground?" Most teachers felt that the playground should be used for movement activities like recess and physical education. Teachers stated that they were not sure how to use the playground academically and time constraints hindered them from using the playground. In order to effectively use the playground for academics, the playground infrastructure and school administration needs to be supportive of integrating academics. In creating an effective playground learning environment, the teachers are more likely to see direct academic applications.

Children are the future leaders of our nation. In order to become so, they need to be nur-

tured and groomed in the way that they have a balanced and healthy life. To make it happen, they need to be involved in extracurricular activities, besides their studies. However, the irony of today's growing population and digitization is that they are more engrossed with indoor games with iPad, laptop and so on and so forth because there is almost no playground available in Dhaka city. High-rise buildings are everywhere that we get to see.



Along with this, the independent houses which used to have gardens decades ago are now becoming targets of the real estate. As most of the schools do not have playgrounds, health problems such as, obesity, lethargy and aloofness are afflicting our children's body and mind. The social network sites are actually making us unsocial day by day.

Today's children are the future backbone of our nation. So, they need to have a healthy mental and physical growth. In this connection, playgrounds play an important role in developing a child into an intelligent and healthy citizen. Outdoor games always help

children to know about their qualities and weaknesses properly. Unfortunately, for a couple of decades, most children haven't got any opportunity to come into the lap of nature because of scarcity of playgrounds. In urban areas, it is difficult to find any playground or a green field for playing. Whenever anyone finds an open space, s/he selects it to build multi-storied buildings for accommodation or for corporate office or for industries. So, today's children take computer games and television as their only means of refreshment.

Children learn to handle their emotions, including anger and fear, during play.

In free play, children put themselves into both physically and socially challenging situations and learn to control the emotions that arise from these stressors. They role play, swing, slide, and climb trees ... and "such activities are fun to the degree that they are moderately frightening ... nobody but the child himself or herself knows the right dose."



Gray suggests that the reduced ability to regulate emotions may be a key factor in the development of some anxiety disorders. "Individuals suffering from anxiety disorders



describe losing emotional control as one of their greatest fears. They are afraid of their own fear, and therefore small degrees of fear generated by mildly threatening situations lead to high degrees of fear generated by the person's fear of losing control." Adults who did not have the opportunity to experience and cope with moderately challenging emotional situations during play are more at risk for feeling anxious and overwhelmed by emotion-provoking situations in adult life.

Play is the key to physical, mental, intellectual and social well-being of children. It impacts hugely on almost every developmental aspect of children's lives holistically and with multifaceted ways. Young children spend a reasonable amount of time in school. Besides, for many children, school play time is the most active part of their day. Therefore, school playground and school playtime are vitally important to children for their fun and relaxation as well as for their good health and well-being. School playgrounds play important role in their daily life for fulfilling their interest, development and learning needs. The school playground is an important facility for children to play every day on their own initiative. It puts enormous positive impacts on children's development and learning. This initiative provides students with the leisure facilities to make primary education livelier and student-friendly. We know every school is located in the community. If the playground can be established in all schools, it can be a community play center for children too.

Dr Rupa Selvaraj

