



What We See During OPAL and Play...

- **Emotional Development**
 - Understanding themselves and others
 - Experiencing a range of emotions (e.g., sadness/gladness, rejection/acceptance, frustration/achievement, boredom/fascination, fear/confidence)
- **Social Interactions**
 - Building self-esteem
 - Freely interacting with peers and children of different ages, abilities, interests, cultures, and backgrounds
- **Cognitive & Practical Skills**
 - Making choices
 - Problem-solving
 - Creative thinking
- **Open-Ended Play Opportunities**
 - Using scrap materials, tyres, and other multipurpose objects
 - Imagination and role play
- **Resilience**
 - Experiencing success
 - Learning to cope with setbacks or failure
- **Communication & Negotiation**
 - Developing the ability to express needs, collaborate, and resolve conflict

