

Play vs Directed Activities

A video highlighting the implications of a lack of self directed play (Video Length – 16:03):

1. Dr. Peter Gray compellingly brings attention to the reality that over the past 60 years in the United States there has been a gradual but, overall dramatic decline in children's freedom to play with other children, without adult direction.
2. Over this same period, there has been a gradual but overall dramatic increase in anxiety, depression, feelings of helplessness, suicide, and narcissism in children and adolescents.
3. At the end he highlights potential solutions.

