Want to get your kids into college? Let them play

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By Erika Christakis and Nicholas Christakis , Special to CNN

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houses at Harvard College.

(CNN)_-- Every day where we work, we see our young students struction with the transition for

always see that actions have consequences; a few suffer terribly from separation and

and advise. They all know how to work, but some of them haven't learned how to play.

These two kinds of curricula are often pitted against one another as a same and course

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before bed.

In fact, we wonder why play is not encouraged in educational periods later in the developmental life of

Why do this? One of the best predictors of school success is the ability to control impulses. Children who can control their impulse to be the center of the universe, and -- relatedly -- who can assume the perspective of another person, are better equipped to learn.

Psychologists calls this the "theory of mind": the ability to recognize that our own ideas beliefs and

carefully constructed block castle or a 20-year-old belligerently monopolizes the class discussion on a routine basis, we might conclude that they are unaware of the facilities of the facilities.

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llow of the scalar actions be a control to a reasonable but in the skills based program the child could be acted

unto fill out a morbihate appretina decementina) tha prophenof any air extraterande administrative

n.a. play-based curriculum, by contrast, a child might hear stories about squirrels and be asked why a

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The child filling out the worksheet is engaged in a more one-dimensional task, but the child in the play-based program interacts meaningfully with neers, materials, and ideas

Totalisticulated administrative resolution per properties for the period of the controlled trial had 4- and 5-year-olds engage in make heliave playwith adults and found substantial and durable gains in the ability of abildren to about a left control and to datast control of the datast control and to datast control of the datast

Through play, children learn to take turns, delay gratification, negotiate conflicts, solve problems, share another person's shoes, imaginative play also seeds the development of empathy, a key ingredient for intellectual and social emotional success

The real "readiness" skills that make for an academically successful kindergortener or college student lave as much to do with emotional intelligence as they do with academic preparation. Kindergartners need to know not just sight words and lower core letters, but how to corect for manifes. The

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For a five year-old, this connection begins and ends with the creating, questioning, imitating, and construction and charing their strain when the most to an indicate the most the world. But the time they get to college we will be a decired the most they are the college we will be a decired the most they are the college we will be a decired the most they are the college we will be a decired the most they are the college.

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