

**PLAY RECONSIDERED, RESURRECTED AND REPOSITIONED IN CHILDREN:
CASE STUDY RESULTS FROM SINGAPORE**

Abstract

Hurried and highly scheduled lifestyles among children are common, especially among developed countries in East Asia such as in Singapore. Research data suggest that young people do not meet daily activity guidelines that promote physical health. There is a cogent need to reconsider, resurrect and reposition play in young people such that children can internalise the merits of play and caregivers can recognise that play confers social-emotional outcomes that are valued by those who invest in education. Data emanating from Singapore suggest very promising social-emotional learning outcomes following a 10-week intervention programme conducted during school curriculum hours.

Key words: *children, physical health, play, CASE study, Singapore*
