

# PLAY IS LEARNING



When children engage in coloring on themselves, they are learning...

- **Sensory Exploration:** Coloring on themselves allows children to engage in sensory exploration as they feel the texture and sensation of the coloring medium on their skin, fostering their tactile awareness.
- **Self-expression and Creativity:** By coloring on themselves, children have the opportunity to express their creativity and individuality. They can experiment with different colors, patterns, and designs, using their bodies as a canvas for self-expression.
- **Body Awareness:** Coloring on themselves promotes body awareness as children become more conscious of their body parts and their relationship to their surroundings. They develop a sense of ownership and understanding of their physical self.
- **Emotional Expression:** This activity can serve as a form of emotional expression, allowing children to convey their feelings through the choice of colors and the act of coloring on themselves.
- **Self-Regulation:** Children can learn about appropriate boundaries and self-regulation through coloring on themselves. They explore limits and learn to differentiate between acceptable and unacceptable ways to express their creativity and emotions.