

# 3. Children need ample time and space to engage in free play every day.

## Resources

### Books

- ["Let the Children Play For the Learning, Well-Being, and Life Success of Every Child"](#) by Pasi Sahlberg and William Doyle
- ["Not Just Cute: How Powerful Play Drives Development in Early Childhood"](#) by Amanda Morgan
- ["Play and Social Justice: Equity, Advocacy, and Opportunity"](#) edited by Olga S. Jarrett, Vera L Stenhouse, John A. Sutterby, & Michael M. Patte
- ["The Power of Play"](#) by David Elkind

### Articles

- ["Play Deficit as Cause of Decline in Children's Mental Health"](#) by Peter Gray
- ["The Power of Play: A Pediatric Role in Enhancing Development in Young Children"](#) from the American Academy of Pediatrics
- ["Effects of a Statewide Prekindergarten Program on Children's Achievement and Behavior through Sixth Grade"](#) by Kelley Durkin, Mark W Lipsey, Dale C Farran, & Sarah E Wiesen (Tennessee Pre-K Study)
- ["Early Developmental Competencies: Or Why Pre-K Does Not Have Lasting Effects"](#) by Dale Farran (Tennessee Pre-K Study Blog)
- ["How School Reforms are Failing Low-Income Young Children"](#) by Diane Levin and Judith Van Hoorn

### Organizations

- [The Alliance for Childhood](#)
- [National Institute for Play](#)
- [The International Play Association \(World\)](#) and [\(USA\)](#)
- [The Playwork Foundation](#)
- [Hatch Partners in Play](#)
- [The Global Recess Alliance](#)

### People, Podcasts, Social Media

- [Peter Gray, Play Makes Us Human Substack](#)
- [@geniusofplay](#) (Instagram)
- [Play Empowers- Sharing The Power Of Play](#) (Facebook)
- [@theplaylabfoundation](#) (Instagram)
- [That Early Childhood Nerd](#) (Podcast)
- [#LetThemPlay](#), [#PlayMatters](#), [#UnstructuredPlay](#)