

5 résultats clés sur Le jeu libre et la santé mentale



1



Elle favorise des sentiments positifs

Quand les enfants se livrent à des jeux libres, ils disent se sentir **joyeux, excités** et **compétents**.

Quand leurs jeux sont structurés, ils disent ressentir de l'ennui, de la tristesse et de la colère.

3



Elle améliore la concentration

Le jeu libre est associé à une **durée d'attention** prolongée, surtout chez les enfants qui ont du mal à se concentrer sur une longue période.

5



Elle améliore les comportements indésirables

Selon des études en milieu scolaire, les problèmes de comportements indésirables comme **l'intimidation** deviennent moins fréquents lorsqu'on augmente le jeu libre. Quand les enfants dirigent eux-mêmes leurs jeux, ils acquièrent un **apprentissage social et affectif**, don't la capacité de **contrôler leur agressivité** et de **réguler leurs sentiments** de colère et de frustration.

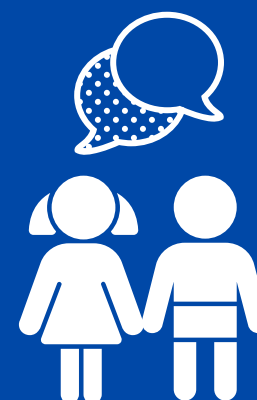
2



Elle renforce la résilience du cerveau

Quand les enfants vivent l'incertitude des jeux comportant des défis ou des risques, ils développent des réactions émotionnelles, des **aptitudes physiques** et des **habiletés d'adaptation** qui renforcent leur capacité de **faire face à l'adversité**. Ce sont des habiletés importantes pour la résilience et la bonne santé mentale durant l'enfance et l'adolescence.

4



Elle contribue à tisser et à maintenir des relations saines

Il est prouvé que le jeu libre offre la possibilité d'améliorer les **aptitudes sociales**. Autrement dit, l'enfant améliore ses **techniques de résolution de problèmes**, son **intelligence émotionnelle** et son **empathie**. Il prend **conscience de soi** et s'ouvre au **compromis** et à la **cooperation**.



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