WHY WE NEED TO PLAY

Read the text and choose the best word for the gap.

Human beings are not the only creatures that like to (1) _____ fun. Many animals play, as do some birds. However, no other creatures spend so much time enjoying themselves as human beings do. Indeed, we (2) _____ onto our sense of fun right into adulthood.

So why do human beings spend so much time playing? One reason is that we have time for leisure; animals have very little time to play as most of their life is spent sleeping and (3) _____ food.

So, is play just an opportunity for us to (4) _____ in enjoyable activities or does it have a more important (5) _____? According to scientists, (6) _____ from being fun, play has several very real (7) _____ for us – it helps our physical, intellectual and social development. It also helps to (8) _____ us for what we have not yet experienced. With very (9) _____ risk, we can act out what we would do in unexpected, or even dangerous, situations.

LIVEWORKSHEETS