Why we need to play

Human beings are not the only creatures that like to **(0) have** fun. Many animals play, as do some birds. However, no other creatures spend so much time enjoying themselves as human beings do. Indeed, we **(1)**_____ 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 **(2)**_____ food.

So, is play just an opportunity for us to **(3)**_____ in enjoyable activities or does it have a more important **(4)**_____? According to scientists, **(5)**_____ from being fun, play has several very real **(6)**_____ for us - it helps our physical, intellectual and social development. It also helps to **(7)**_____ us for what we have not yet experienced. With very **(8)**_____ risk, we can act out what we would do in unexpected, or even dangerous, situations.

1.	A. hold	B. keep	C. save	D. stay
2.	A. searching	B. looking	C. seeking	D. gaining
3.	A. engage	B. combine	C. contribute	D. involve
4.	A. motive	B. purpose	C. intention	D. cause
5.	A. excluding	B. except	C. apart	D. away
6.	A. assets	B. profits	C. services	D. benefits
7.	A. plan	B. prepare	C. practise	D. provide
8.	A. brief	B. short	C. narrow	D. little

LIVEWORKSHEETS