

Physical and recreational activities to develop interpersonal relationships in boys and girls at the early childhood education level. lima blanco municipality, Cojedes state

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Main Line: Well-being, Environment and Sustainability. **Associated Line:** Inclusive and Sustainable Education. **Thematic Axis:** Integral Human Development.

How to cite this article: Tania T. Villalonga H., "Physical and recreational activities to develop interpersonal relationships in boys and girls at the early childhood education level. lima blanco municipality, Cojedes state" (2026), (1,15).

Received: 12/05/2026

Revised: 16/05/2026

Accepted: 21/05/2026

ABSTRACT

Early Childhood Education prepares children for a lifetime of continuous learning, autonomy, and discovery, significantly impacting the development of psychomotor, emotional, and social skills. It is recognized that physical and recreational strategies at this educational level are influential in children's socioemotional development, allowing them to forge bonds with others and learn to share, negotiate, and resolve conflicts. However, the reality observed in classrooms shows that students at this academic level struggle to integrate into educational centers. Therefore, a research project is outlined with the general purpose of promoting a set of recreational physical activities to develop interpersonal relationships among children in Early Childhood Education at the Antonio Matute C.E.I.B. The study is based on the approaches of Senent (2008), Méndez and Ryszard (2005), Espinosa and Arteaga (2023), Vygotsky, (1979) Erikson (1950), Piaget (1951). It is framed within the qualitative approach. For data collection, participant observation and semi-structured interviews are used. The research shows that physical recreational activities facilitate the improvement of body awareness and empathy towards others, essential aspects for the reduction of interpersonal conflict. In conclusion, it is demonstrated that these activities not only promote motor development but also serve as effective pedagogical tools to address socioemotional deficiencies by optimizing interpersonal relationships and transforming patterns of aggression into cooperative and communicative behaviors.

Descriptors: Psychomotor skills, recreation, interpersonal relationships, coexistence, values, self-realization.

Biographical Summary: Tania Teresa Villalonga Hernández, Venezuelan, holds a degree in Early Childhood Education. She specializes in Early Childhood Education from the Simón Rodríguez National Experimental University. She holds a Master's degree in Early Childhood Education (awaiting academic certification) from the Samuel Robinson National Experimental University of Teachers. She currently teaches at the Antonio Matute C.E.I. B. (Center for International Studies). She is also a research professor at the Samuel Robinson National Experimental University of Teachers.