

Play is the key way children learn about themselves, others and the world they live in. It is essential to their learning, development, health, and physical, mental and social well-being – and it's FUN! Play provides the building blocks to be ready for school.



## Box Play

Your baby will love to explore their environment. Boxes of all sizes will fascinate them. Large boxes can make a simple obstacle course. This adds safe adventure for mobile babies exploring their world. They will often play the same game over and over as they master a new skill or test out what they are learning.

### Did you know?

Babies can learn about their body in space (spatial awareness) by crawling through boxes. They can practice pulling to stand and cruising on a large, strong box. These are important steps in developing movement skills.

### Add language

Provide the words that go with what your baby is doing e.g. crawling “through”, “in”, or “out”; standing “up”; falling “down”.

### Other development

Playing peekaboo with objects inside a box helps to develop your baby's memory skills and awareness of object permanence (knowing that a thing still exists even when you can't see it).



Dropping things into a box and taking them out helps to develop your baby's hand control, grasping, and releasing skills. Holding a box with both hands and moving it around helps to practise using both sides of their body together.

### Variations

Boxes are great for banging on and make great drum kits for babies!

You can turn boxes into fun sensory boxes. Wrap them in bubble wrap or fabric with different textures. Thread colourful ribbons or fabric through boxes. This gives your baby lots to explore, touch, and tug.

📌 Playgroup WA has a treasure trove of play activities for babies, toddlers and 3-5 year olds, for home and playgroup. These play activities cover a balanced diet of play across sensory, movement, language and thinking skill areas.

You can find them at [www.playgroupwa.com.au/playideas](http://www.playgroupwa.com.au/playideas) or visit [www.facebook.com/playgroupwa](https://www.facebook.com/playgroupwa)

