

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.



Making Music

Music making can be a fun way to influence mood and energy levels at playgroup.

Did you know?

Playing with music can be a fun way to energise a playgroup or help calm things down e.g. If the mood is “hyper” you can make music that matches the energy level and then gradually decrease the intensity and rhythm of the music to calm the group, or vice versa.

Add language

Music making is good for encouraging imitation and turn taking which are important early skills for language development. It is also a great opportunity to provide words that go with concepts, comparisons and contrasts e.g. fast, faster; slow, slower; big, bigger, biggest; high and low; up and down; etc.

Other development

Children need free play time to explore and experiment with musical instruments - bought or made. Playing with musical instruments helps fine motor skills and builds awareness of rhythm and beat. It may also inspire whole body movement/dancing. Loud and exuberant music play can help children let off steam and express big emotions and ideas. This type of music play may be best outside for the comfort of all.

Variations

Making musical instruments from recycled materials is a fun playgroup activity e.g. empty tins for drums, cardboard rolls



for didgeridoos, foil pie tins for tambourines, broomsticks cut into short lengths for clapping sticks, or empty bottles filled with rice then sealed make wonderful shakers. Planning and making a “sound garden” at playgroup can be a wonderful way of engaging families in creating and experimenting with sound making. You can hang different wooden, metal or plastic objects securely from a tree, fence or frame outside. Have some different objects available for use as strikers e.g. wooden or metal spoons, cardboard tubes etc. This can be a great project for recycling discarded things like old household pots, lids, cutlery, PVC piping etc.

Safety

Be sure there is no chance of hanging or choking hazards in setting up your “sound garden”.

- 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 or visit www.facebook.com/playgroupwa