

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.



## Ball play

Lots of ball play with your toddler will give them time to practice their skills, share their successes with you and give them a sense of pride.

### Did you know?

Learning to kick a ball helps your toddler's balance.

### Add language

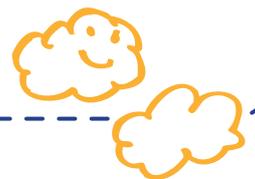
Simple phrases such as "1, 2, 3, kick" help your toddler to get ready and plan their movement, as well as giving lots of chances to learn this number word sequence.

### Other development

Toddlers first 'walk into a ball' when attempting to kick. As their balance improves they are able to lift one leg to kick the ball forward. Try a big, light ball and lots of encouragement!

### Variations

There are lots of ball games suitable for boys and girls of this age. Placing balls into the washing basket and simple ten pin bowling or skittles using recycled plastic drink bottles for skittles or pins are fun starters. Using different balls can add a sensory experience to ball play e.g. spiky balls, squishy balls, or balls with bells inside.



- 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)