

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.



## Recycled tubes

Cardboard tubes offer a huge variety of creative play opportunities for children.

### Did you know?

Children often value toys they have made with you, more than those bought from the shops. Recycled tubes provide endless craft and pretend play options. Binoculars and telescopes, people, penguins, rockets, castles and marble runs – the options are only limited by imagination. When children create something it really doesn't matter what the finished product looks like, it's the process of creating that matters.

### Add language

When you chat with your children about what they want to make with the tube, how they are going to make it, what else they might need, etc. you are helping their talking, thinking and reasoning skills. You could also make comments and ask occasional questions while they are creating. As a guide, most children will happily engage if you make 5 comments for every 1 question you ask – this keeps them from getting overwhelmed.

### Other development

Adding sticky tape or glue provides opportunities to develop fine motor skills including hand dominance – this is where children begin to prefer one hand over the other, over time becoming either 'left' or 'right' handed.



### Variations

Cardboard tubes can be turned into pretend candles or other decorations for celebrations. Attach a cardboard tube to the wall and encourage children to post small pompoms through the opening. You'll be surprised how much kids love this simple activity, it's also a great way for children to practise their fine motor skills (or pinch/grasp).

### Safety

If you are creating marble runs or using pompoms, be careful to keep them out of younger children's reach due to the choking hazard.

- 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)

