

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.



## Water play

Toddlers often love to splash and get wet. Water gives lots of opportunity to explore and try new things.

### Did you know?

When toddlers repeat actions over and over, they are mastering new skills and strengthening connections in their brain. Water is a helpful activity for children to become more aware of other children playing nearby.

### Other Development

Add cups to practice pouring and tipping. This helps the development of wrist movements. Playing with containers of different sizes and shapes help develop maths and science concepts of size and volume, full and empty, etc.

### Add Language

Water play gives lots of opportunity for talking, learning new words and keeping the conversation going – “It’s empty, pour some in, pour more, it’s full now, tip it out...”



### Variations

Children love using a watering can or spray bottle to water plants. They will also be strengthening their arms and fingers. Washing a doll, dinosaurs or toy animals is a fun way to introduce pretend play and talk about body parts. A paint brush and bucket of water can keep toddlers occupied painting the fence or paving.

### Safety

Supervision is essential at all times. Remember to empty out water at the end of the activity.

- 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)