

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.



Backyard exploring

Exploring the outdoors is a great playgroup activity.

Did you know?

Outdoor time is a great chance for everybody at playgroup to get active, let off steam, explore and plan adventures.

Other Development

Running, jumping, climbing, and crawling outside helps children develop coordination, balance, and control. At playgroup, they also help children become more aware about themselves in space and other people nearby. Babies can join the rest of playgroup outside for playtime. They love to watch the other children.

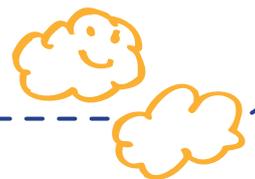
Watching the leaves and movement of the branches can also be soothing.

Variations

Provide some big magnifying glasses or make your own binoculars from cardboard tubes to add to the outdoor adventure.

Safety

Some plants are not safe to touch or taste. KidSafe WA has a fact sheet on toxic plants which you can find on its website. Always use sun protection when playing outside and supervise around water. Make sure children wash their hands after playing outside.



- 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