

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

The outdoors allows more space for exploring, active play and adventures!

Did you know?

Exploring together helps build your toddler's confidence and awareness of what's safe to explore.

Add Language

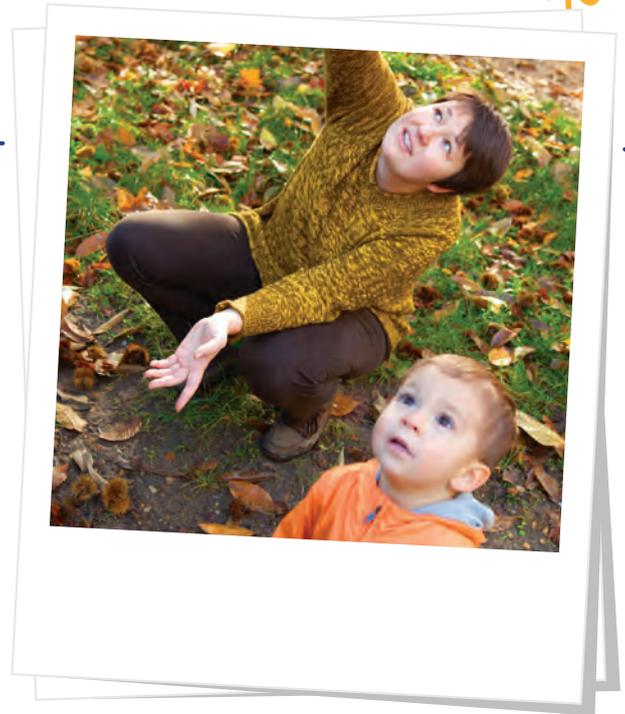
Provide words to go with what your toddler is seeing, doing and experiencing – use action words e.g. looking, stomping, hiding etc., describing words e.g. dry, crunchy, slimy, brown, green etc. and words that relate to place e.g. in, on, under, next to etc.

Other development

Grass, rocks, dirt or sand are great for building awareness of different sensations and learning through messy play.

Variations

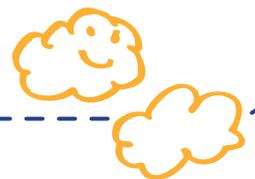
Children's magnifying glasses are great for young explorers to look at patterns on leaves or what's under rocks. Collect items from the garden to take inside to make a picture collage. If it's a rainy day, grab your gumboots and make a splash in some puddles!



Safety

Toddlers need to be supervised outside. Doing a quick check of the backyard can help keep children safe when exploring. 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 children 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