

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.



## Hide & seek

Young children delight in hiding games. Hide and seek games can include hiding with people or hiding objects to be found.

### Did you know?

Children are learning about spatial awareness when they are trying to hide themselves or an object. This awareness of what fits in what space is important in learning early maths concepts.

### Add language

Use language to build anticipation e.g. Sing "Where oh, where oh, where is Teddy? Where can Teddy be?" while you are looking for Teddy.

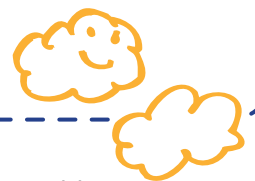
Use language related to positions e.g. "Is he under the table? No! Is he behind the door? No! Where can he be? There he is! He's in the ...". Both understanding and using position and direction words are important for early maths skills.

### Variations

Throw a blanket over a table and crawl in to "hide". Take turns to peep or pop out and go back in. Have your toddler hide in a large box and sing "Jack is hiding down in his box until somebody opens the lid". Lift the lid and have them jump up and wiggle about. Take turns to hide an object or toy and go on a treasure hunt to find it. Keep hiding places fairly easy to discover and within a small area in the beginning.

### Safety

Remember to make sure children can't get into hiding places where they could get hurt or trapped.



- 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)