

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

Hide and seek is a great game to play inside or outside depending on where you have space at playgroup.

Encourage one child to cover their eyes and count while a small group of children hide. Then let them go seek.

### Did you know?

Learning the rules of a game is useful for developing social skills.

### Add language

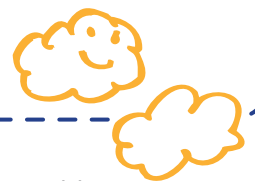
Depending on their concentration levels you could give clues on where to find their friends. Using position words such as under, over, or behind helps children learn what these words mean and when to use them.

### Variations

A treasure hunt at playgroup is great fun.

One parent could hide the items outside while everyone else is still inside, or inside while everyone is outside. Maybe the younger children could start before the older children so they can find the more obvious things.

Having copies of a treasure map with visual clues on where to find things and having children work together with the map builds social skills and cooperation, as well as pre-reading and problem solving skills.



- 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)