

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.



## Recycled tubes

Cardboard tubes offer a huge variety of creative play opportunities for children.

### Did you know?

Posting objects down tubes can make a fun activity at playgroup. Post office, lunch wrap tubes or PVC pipes can be poked through a box for children to post balls into (see image). Plastic golf balls are an easy size for small hands to manage. Babies and younger children will enjoy watching and chasing the balls as they pop out from the end of the tubes, while older children enjoy the mechanics of tube and ball play.

### Add language

Adding conversation to any activity is a great way to help children's language grow. With this activity you could introduce new words by describing what the children are doing as well as engaging them in conversation by asking occasional questions that require some thinking and reasoning e.g. "Where does the ball go?" and "Why does it come out there?". Remember to pause and give them time to respond or start a conversation. Talking about speed, position, direction and numbers helps to introduce maths and science language.

### Other development

Group play is a great way for children to practise taking turns and sharing with others. Working out who will post



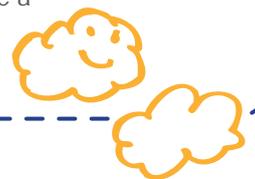
the ball through the tube and who will collect it when it pops out the end helps develop social and cooperative play skills. Early science skills are also introduced when kids experiment to find the fastest tube. Cause and effect is explored when they work out that tubes angled higher make the ball shoot out faster.

### Variations

You can paint the end of tubes and use them as stamps for a fun painting activity. Or, let the kids' imagination run wild as they turn old tubes into horns, binoculars or rockets!

### Safety

Be mindful of small parts which could be a choking hazard for babies and toddlers.



- 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)