

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.



## Rough & tumble play

**Physical play and play wrestling builds friendships – particularly for boys.**

### Did you know?

Rough and tumble play with other children is important for developing relationships, learning how to read and understand the body language and feelings of others, showing care and consideration, and developing self-control.

### Add language

Having some picture books in your playgroup library which show rough and tumble play may be useful for prompting conversations about how we feel, how we know how someone else is feeling and knowing when to stop.

### Other development

Children learn to take turns in play with each child getting a chance to chase and be chased. They learn the "rules" for playing with others. Children who have engaged regularly in rough and tumble play learn to know the difference between innocent play and aggression. This helps with their social, problem solving and protective behaviour skills.



### Variations

Playing chasey or tag, play wrestling, rolling, spinning and dancing can all be rough and tumble play.

### Safety

The key to rough and tumble play is that everyone is having fun and no one is hurt or forced to do anything. As each child differs in the amount of rough and tumble play they can handle and how much self-control they have learnt, you may need to agree on some rules at playgroup. Some clear agreed rules on when to stop may need to be reinforced with the children.

📖 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)