

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.



Songs & finger rhymes

The more familiar the rhyme, the more the children at playgroup will enjoy joining in.

Did you know?

Singing and music at playgroup is a great way to help children socialise, and develop language and memory skills. Children of all ages can join in.

For very young or quieter children, having a "song bag" for each child to choose a song can be helpful i.e. have a variety of props in a bag that can be linked to a song e.g. toy duck – 3 Little Ducks, toy bus – The Wheels on the Bus, Teapot – I'm a Little Teapot etc.

Each child chooses an item from the bag and everyone sings a song that goes with that item.

Add language

Watching older children singing songs catches babies and toddlers attention and helps them to join in with sounds or words.

Other Development

Dancing to music helps develop children's spatial awareness, balance and coordination skills.



Songs can also help develop social skills. Joining hands to dance around in a circle, looking at each other, learning to work as a group, or taking turns to do an action for everyone to copy are great ways to build social skills and a sense of belonging.

Variations

Musical statues is a wonderful game at playgroup for body awareness, listening skills, motor planning, and concentration skills. Songs using a parachute can be a fun way to draw children together at the end of playgroup.

- 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

