

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](http://www.playgroupwa.com.au/playideas) or visit [www.facebook.com/playgroupwa](https://www.facebook.com/playgroupwa)