

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.



Gardening

Creating playgroup gardens or planting take home gardens in pots are wonderful activities for families at playgroup.

Did you know?

Creating and caring for a garden as a group builds a sense of belonging, togetherness and pride.

Add language

Gardening together gives lots of opportunities for conversations. Give children a chance to start the conversation at their level and then keep it going by making comments, giving simple explanations and asking occasional questions that match the children's level of development.

Other development

Some outdoor time at playgroup provides a balance of activities and helps children with concentration and attention. Children can find their own space if they need a break, or share roles with others. This helps their self-awareness and social and emotional development.

Variations

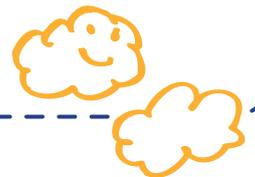
Children's magnifying glasses are great tools for inspecting the patterns of leaves or what bugs live



in the garden. On a rainy day, leaves and sticks from the garden can be used inside to create play dough gardens.

Safety

Supervision is required to ensure children are safe from harmful animals or plants. KidSafe WA have a fact sheet on toxic plants which you can find on their website. Check the garden for any chemicals (pellets, sprays) or dangers before exploring. Always use sun protection when playing outside and supervise around water. Dirty hands are part of gardening and can be a chance to teach your toddler about washing hands and why it is important.



- 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