

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.



## Puzzles

Puzzles are an easy and fun playgroup activity for all ages.

Storing complete puzzles in a clear document wallet or puzzle bag is a good way to ensure pieces stay together and that the fun lasts.

### Did you know?

Because puzzles can be adapted for various ages and abilities, they are a wonderful activity to promote participation and inclusion. Children can complete their own puzzles sitting next to each other, or join in, work together and help others.

### Add language

At the puzzle table or area, make comments and ask occasional questions about their puzzles. Children can develop their reasoning together and add to each other's responses.

### Other development

Puzzles at playgroup are a perfect opportunity for children to practice sharing, taking turns and waiting – important skills that will help them later at school. It's a good idea to set up puzzles in a quiet area at playgroup.

Children can move away from noisier areas and have some quiet time when they need it. A quieter area will help with their concentration. This also helps to teach self-regulation strategies (awareness of and ability to manage emotions, behaviour and activity level).



### Variations

Making puzzles can be a great activity at playgroup.

Children can paint or draw on cardboard or paper and then cut them up to make their own puzzles to take home. Or children can make one giant puzzle for the group that all children can help put together.

### Safety

Supervising children around scissors can prevent dramas. Ensuring there are no small or loose items that could be a choking hazard keeps babies safe.

- 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)