

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 through the day

**Making up silly songs to go with daily tasks can help get young children to cooperate.**

### Did you know?

Making up words to go with a familiar tune can be a great way to tell your child what you want them to do. You can use this to remind them of the steps in a task too e.g. sing “wash our dirty hands, wash our dirty hands, wash the backs and wash the fronts, wash between the fingers, rinse and dry!”

### Add language

Sing about what you are doing or where you are going – this can be a fun way to learn new words. You can create your own “Bath Time Opera” or “Pack Away Time the Musical” where you each take turns to sing about what you are doing or ask each other questions in song.

You can make up silly songs to reinforce contrasts e.g. “shake them, shake them, shake them high, shake them low, shake them gently, shake them roughly, shake them to the left, shake them to the right”.

### Other development

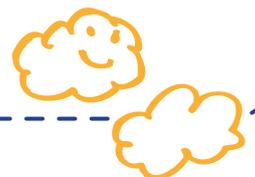
Singing songs or using rhymes can help to gain children's attention and get them ready to move on to the next activity e.g. “tick tock tick tock, listen to



my little clock, tick tock tick tock, now it's time to stop! Songs and rhymes matched to actions can reinforce motor skills e.g. “stomp, stomp, stomp” like a big elephant to the bathroom or “tip toe, tip toe” like a little mouse to bed.

### Variations

Children's CDs with lots of songs that have hand actions are great for active children on long car trips.



- 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)