

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.



Turn taking Games

Turn taking games can help children develop important social-emotional skills including self regulation.

Did you know?

Turn taking is a valuable skill for making friends, waiting, being patient, negotiating and problem solving. Children need opportunities to practice turn taking.

Using a sand timer, singing a song or counting to ten can be useful in helping children predict when their turn will start or end. This helps develop a sense of fairness in a tangible way children can understand.

Add language

Talking about their own and other people's feelings, rules and how to play fairly e.g. taking turns and waiting for your turn, all help to provide the language for these concepts. This helps your child develop the vocabulary for negotiating and problem solving in social situations.

Look for books to share that include turn taking lessons as part of the plot line. They can help as ways to talk about being fair, taking turns and feelings.

Other development

Physical outdoor games like ball catching or kicking,

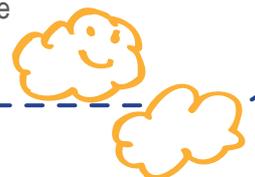


shooting hoops and chasey are great turn taking games that also develop coordination and motor skills.

Indoor play with board games, cards and memory games are wonderful for practicing taking turns and to win and lose with games. Children need to win and lose frequently to learn how to handle both triumphs and disappointments in life. This builds their resilience skills and helps them develop and practice self-regulation. Adults can model how to be a good sport.

Board games usually also include some type of strategy, counting, colour matching and following rules.

These all help develop important cognitive skills which will be needed at school. Match the board game to your child's level of development (use the age range on the packaging as a guide).



- 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