

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.



Summer play

Why not take advantage of summer's clear night skies and warmer weather and go camping in your own backyard?! This provides an opportunity for family togetherness and enjoying nature in a different way.

Did you know?

The quiet of the outdoors at night is a perfect opportunity for children to be still and become aware of themselves and their feelings (this is known as emotional regulation)..

Add language

Being together outside, away from technology, is a natural time to take turns telling stories and encourages imagination and creativity. After the story, try asking your child a couple of simple questions to expand their comprehension and retelling skills. For example, "What was your favourite part of the story?", "What happened to the ...?".

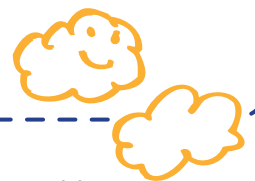
Other Development

Listening quietly for animal noises such as owls hooting, crickets chirping, or bats flapping their wings helps children to be observant and improves attention and concentration.



Variations

Walk to the nearest hill, viewpoint or just remain in your own backyard to watch the sun rise or set together. Children will love watching the sky change and you can talk about the different colours, the moon, and the sun. Have you heard about the Nature Play Passport from Nature Play WA? Discover the various "missions" that children and their families can complete over the summer holidays.



- 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