

# Playgroup helps us learn & prepare for school!



I'M READY FOR SCHOOL!

## INTERACTION & SOCIAL SKILLS



## TALKING & LISTENING



## MANAGING FEELINGS



## PROBLEM-SOLVING SKILLS



## CONFIDENCE & RESILIENCE



## STRONG & HEALTHY BODIES



AT PLAYGROUP WE BUILD SKILLS FROM BIRTH



SCAN HERE TO FIND  
A PLAYGROUP

Playgroup  WA

## DID YOU KNOW...

“Children who attend playgroups during early childhood have significantly better child development when they start school”

*Telethon Kids Institute (2016 Research Paper)*



LEARN MORE

### INTERACTION & SOCIAL SKILLS

We learn how to play, interact and communicate with friends by:

- Playing with different kinds of people
- Building friendships & connections
- Developing conflict resolution skills
- Negotiating play experiences, sharing & taking turns
- Navigating social situations
- Regular attendance builds sense of belonging

### TALKING & LISTENING

We learn how to express and understand thoughts, ideas & emotions by:

- Watching, listening & following instructions
- Asking for help
- Talking to other kids and adults
- Maintaining attention
- Reading books & singing songs

### MANAGING FEELINGS

We learn how to understand & manage emotions to help with making friends by:

- Building positive relationships
- Coping with stress & anxiety in new environments
- Seeing other kids having emotions
- Naming & explaining feelings
- Taking time to work it out and practice expressing feelings
- Getting help or a hug from your caregiver

# WE LEARN SO MUCH AT PLAYGROUP

### PROBLEM-SOLVING SKILLS

We learn how to focus & concentrate, think and solve problems by:

- Facing challenges, working it out & finding solutions
- Focusing on tasks
- Practising & making mistakes
- Thinking critically & creatively
- Solving puzzles, building with blocks, sorting & matching

### CONFIDENCE & RESILIENCE

We learn how to believe in ourselves & take risks by:

- Trying new activities
- Navigating new environments
- Making mistakes
- Communicating & working together
- Watching, copying & role playing

### STRONG & HEALTHY BODIES

We develop 'big muscles' (gross motor skills) and 'small muscles' (fine motor skills) by:

- Physical play for strong muscles & movement skills, e.g. run, roll, jump, balance, throw & catch
- Messy play to develop everyday skills like writing & drawing e.g. playdough, painting, gluing, water/sand/rice play