

Introducing

# LEARN to play PLAY to learn

PLAY FOR ALL  
AUSTRALIA



Early intervention for  
children with disability



Here are family friendly,  
low-cost / no-cost ideas  
that meet the needs of  
children of all abilities.

*Learn to Play - Play to Learn* brings families low cost / no cost inclusive play ideas for your home and in your neighbourhood because play matters.

These ideas will help families support the learning needs of children of all abilities under 8 years of age.

**Ideas are included that**

- support children that need help to learn to play
- involve the whole family
- don't make anyone feel like they need to be a super parent
- can be played in anyone's home
- uses what is available around the house
- can be adapted to suit the needs of many children.

*Learn to Play - Play to Learn* is a partnership between Play for All Australia and EarlyEd.

Walk or  
wheel. It's  
a beautiful  
day for a  
treasure  
hunt.



Turn your next walk in the neighbourhood (or even your backyard!) into a Treasure Hunt! See what you can find.

**Together, decide what container to take – a bucket, basket or box. Someone could be in charge of the collection or you might collect your own treasure. Everyone gets to have a job.**

As you walk, talk about where you find your discoveries – under a tree, on a branch. Everyone can sniff, touch, and examine. Describe what you see, feel, hear and smell. So many great words can be learnt when you describe something - *sticky, prickly, soft, spikey, spotty, stripy...*

Take them all home. These discoveries may come in handy for some other crafty & creative ideas!

## HELP YOUR CHILD – LEARN TO PLAY AND PLAY TO LEARN

Developed by teachers and therapists of EarlyEd in partnership with Play for All Australia and families who have a child with a disability.

#playmatters

For more information go to [www.earlyed.com.au/learn-to-play-play-to-learn/](http://www.earlyed.com.au/learn-to-play-play-to-learn/)

[@playforallau](https://www.facebook.com/playforallau) | [@earlyed.com.au](https://www.facebook.com/earlyed.com.au)

## What's happening today?

- Shadow Drawing
- Make Playdough
- Read longer stories over a few days
- Cook biscuits
- Join in a kids Zumba session online

Yes, I can do that!

No, now that's just not me!

Yes, I can manage that!

Yes but not on a work day.

Maybe. That might work.

There are just so many ideas out there about things to do with children while staying at home!

### Give yourself permission to pick ideas that suits you and family and ignore the rest.

Are they suggestions for things you that

- you really know you wouldn't like doing?
- your child just can't do?

You know what you can handle and what will suit your family.

There are plenty of ways for your child to learn and play by doing things you like the sound of.

## Let's turn trash into treasure.



### Turn your trash into your child's treasure and create great imaginative and construct play opportunities. The kitchen recycling is a great resource.

Get out the sticky tape and scissors. These are great tools to learn how use.

You might have to show them how to get started. Ask your child to choose a couple of items and see what ideas they come up with.

Maybe create a series such as monsters so they can become a game to play with.



## Managing work calls at home? Here's a tip that can help.

Still working from home?

Trying to make a phone call with your children around. It is hard to manage.

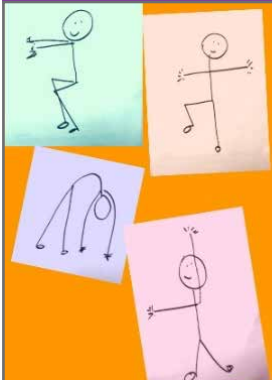
Do you feel embarrassed or frustrated if they interrupt?

### Give yourself permission to interrupt your phone call.

Use the mute button. Then the person on the call doesn't need to listen in on managing your child's interruptions.

Take time out to deal with whatever you need.

Tell your phone partner. "Excuse me but I need to take a break for a minute. I am going to put you on mute for a few moments to sort this out. If it takes too long I'll call you back. This way I can focus on our conversation."



## Let's Move! Choose your moves and draw them out into a fun routine.

Looking for things to do that make screen time be an inspirer not just an entertainer?

It's great to make some indoor exercise time part of your daily routine. This might work well in the middle of the day.

To get started create a list of exercises to do. Draw them or better still ask your children to draw them on paper.

Your children can take turns to decide the order for the exercise session.



## Build a Fort

Even though you are at home we can create different spaces.

A new place changes the way we look at our environment.

Sometimes children need their own place (and this can be hard when you don't have a lot of space)

### Help your children to build their very own fort!

Grab some blankets, a sheet, some cushions, use the chairs, couch, a table or you may have some boxes to make the space. The fort can become a place to take special treasures: books, cuddly toys etc. Do you have a torch?

Building is a great way to learn how to problem solve and learn the features of different materials. Does it stay up by itself?