

Active Play Active Learning

Find places in your neighbourhood that you might not have thought about as places to play. There are places close to home that will give your children opportunities to learn through active play.

Active Play_Active Learning is a series of play ideas that will encourage parents and children of all ages to be active in local community spaces. EarlyEd’s therapists and educators have great ways to help your child develop and use their skills to play, explore and learn.

INSTANT GAMES

Run out of things you can do at the park? You can create a game with practically nothing. Here are some ideas.

WHICH HAT?

This is a simple game you can do with anyone and make it hard or easy! Use whatever you have around. Hide an object – it could be a tennis ball under everyone’s hats, or it could be a set of keys hidden in shoes.

Your child will develop a variety of different skills as they try to guess where the object is, including visual tracking, memory of which hat hid the object, following the sound of the keys, early understanding of logic... “the tennis ball couldn’t possibly fit inside my small hat.”



LIMBO

Bend backwards and try to walk underneath. An irresistible challenge of balance, coordination, body awareness, and core strength. Use a barrier, a long stick, a scarf or even a skipping rope. Then you can raise it higher or lower to suit each person.

Can’t bend backwards? Just crawl underneath.



Images taken at parks in Willoughby City Council area.
www.willoughby.nsw.gov.au/Residents/Parks-and-recreation/Parks-reserves-and-playgrounds (nsw.gov.au)



MORE THAN HOPSCOTCH

Hopscotch can be more than just the classic game. Be creative. Draw an obstacle course. Jump sideways or backwards, spin around, tip-toe walk along a zig-zag line, balance on one foot, jump over a “river”...

TREASURE HUNTS

Create a list of things to be on the lookout for: a yellow leaf, a triangular stone, a Y-shaped branch, something to jump over, something to crawl under...

Work together to think up the list. Ask older siblings to write them down, and give your child a pad and pencil to tick them off as you find each one.



SOCKS TOSS

Use socks you are wearing or be prepared and bring some to the park. Roll each pair into a ball, and see if you can toss it through, over, into and at things like a wall..



For more information go to www.earlyed.com.au/startstrongplay/ or phone (02) 9923 2727 or follow us on Facebook and Instagram