

# Active Play Active Learning

Find places in your neighbourhood that will give your toddler opportunities to learn through active play. Toddlers are not really big enough for playgrounds so use walls, steps and natural environments as these are often just right for toddlers to learn and play in.

Active Play Active Learning is a series of play ideas that will encourage parents and their toddlers to be active in local community spaces. The ideas have been developed by EarlyEd's paediatric physiotherapists who know how to find activities that will support children to develop their physical and movement skills and then use these skills to play, explore and learn.

IN NORTH SYDNEY



### EXERCISE EQUIPMENT ISN'T ONLY FOR GROWN-UPS – They can also be used for creative and active play for toddlers

This exercise bench just outside the North Sydney community centre has a slope. This means a toddler can find a spot to stand to play that is the right height for them. Find some toys that roll and have a race down the bench to see which toy rolls faster. Watching the toys fall off the end is a natural way to learn about cause and effect. It also creates a great opportunity for toddlers to practice balancing while developing leg strength as they squat down to retrieve an object off the ground, ready to have another race.



### GOING AROUND IN CIRCLES!

When a child follows the patterns made by pavers in foot paths as they walk around, they are developing their motor planning skills. This is a great way to develop observational skills and develop visual tracking as well. There is a pattern of concentric circles found at the front of the park in Ted Mack Civic Park, Miller Street, North Sydney. Adults, siblings and little ones can walk around their own circle or "follow the leader" round and round each circle.



### DO YOU HAVE A TODDLER JUST LEARNING TO WALK?

Is your toddler starting to walk? Being out in the park creates interesting opportunities for children learning to move. There are lots of stone walls in the Ted Mack Civic Park, Miller Street, North Sydney for children to walk beside. The rough texture will give your child lots of sensory information as they touch the wall while they are holding on for balance. Play for longer pushing a toy along the wall. Encourage your child to walk along and follow a toy.

### IT IS JACARANDA TIME!

You can use the fun of Jacaranda flowers to make playing in the park more interesting for your toddler. Challenge their balance and coordination as they crawl or walk along the grass, bend down to gather fallen jacaranda flowers and collect them in a container. Watch out for bees though.



### PLAYING ON HILLS AND SLOPES HELPS TODDLERS TO DEVELOP BALANCE

Crawling up a hill is a good way to introduce climbing, as it changes the way that gravity acts on the body. Walking or running up and down a hill improves a child's balance and coordination. Drag a pull-along toy up the hill or roll a ball down the hill. For those who are willing to get right down, lie on the ground and be like logs together rolling and racing down the hill.



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

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