

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.

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. These ideas are brought to you by EarlyEd's therapists and educators to support children to develop and use their skills to play, explore and learn. They help you stay longer when you take your children out to play.

Water at the park without getting TOO wet.

With a bit of preparation, children can benefit from water play at any time of the year.

Bring something to catch water in. Then your child only plays with a little bit of water, and won't get too wet. Just roll up those sleeves (or bring a change of clothes)!

DRINKING FOUNTAIN IN A PARK

Children can do more than just run the water (and waste water) when using a drinking fountain. Use a plastic container, or an empty takeaway cup and lid. Help your child play with water in different ways.

STANDING, BENDING, REACHING AND WALKING.

Playing around the water fountain leads to lots of standing and bending activities, which little ones need to learn once they start walking.

- Stretch and reach: Stand on tippy toes and balance as you push the buttons.
- Bend and squat: Move the container to the correct position to catch water (or to hit the side and make it splash!).
- Know where our body is in space: Walk or crawl to move around or under the fountain (without bumping your head).



CATCHING THE WATER

Scoop: Use hands or a coffee cup lid to catch and drip water.

Press the button: Know how hard to press to get the water to flow. Maybe 2 hands are needed to hold on and push. What a sense of achievement when you get it to work.

MOVING THE WATER

Hold and balance: Don't spill the water. Grasp the container, feel the weight and water moving around. The container may be flimsy, hard to hold and to keep steady.

Slow controlled walking: Carry the container as you walk over to water plants or pour it down a drain.

Cooperative play: If the button is too high to reach or too hard to push find another child or parent and work together.

Strength and force: Share the container with others.

To do so, you need to work out how to pick up the container and hand it over without spilling too much.



Images taken at Jersey Rd Reserve. <https://www.willoughby.nsw.gov.au/Residents/Parks-and-Recreation/Parks-Reserves-and-Playgrounds/Jersey-Road-Reserve>

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