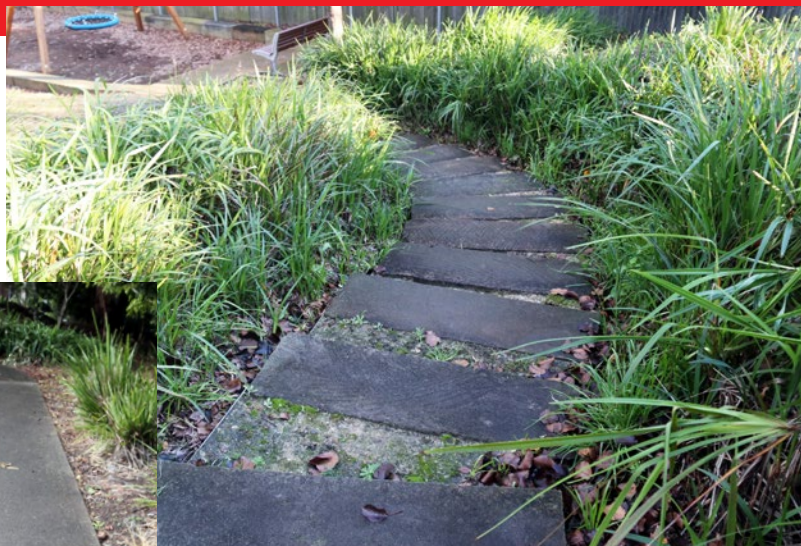


Active Play Active Learning

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 created great ways for you to help your child develop and use their skills to play, explore and learn.



Children can be learning new things that support their development just by getting out and about.



Slopes provide an excellent challenge to develop whole body strength, coordination, balance and stamina. As you navigate changing terrain, you will notice that your body anticipates and responds with movements from your shoulders and arms, all the way down to your ankles and toes, all working together to keep you balanced. Here are ways to motivate children to try challenging paths and develop strength and stamina.

Slopes

Roll a toy or ball down a hill to encourage a child to follow. Noticing how it rolls when there is a slope helps them to understand how their world works.



Walking or wheeling down an alley way creates a feeling of anticipation to see what is at the end.

"We haven't been here before. What will be down there?"



Steps

These are challenging steps but they are wide so that children can regain their balance on each step before moving onto the next one. "Let's see what happens when we let go of the ball here."

Weave around the trees and play "follow the leader". Count how many trees you can touch as you race towards the top. Turn around to look back at where you started. There are so many ways to make the trek up a hill more interesting.



Images taken at parks in Willoughby City Council area (Jersey St, Scott Crescent Reserve, Muston, Beauchamp, Castle Cove). Parks, reserves and play-grounds Willoughby City Council (nsw.gov.au)

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