

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. These ideas are brought to you by EarlyEd's therapists and educators in order to introduce and inspire you with great ways for you to help your child develop and use their skills to play, explore and learn.

Right before your eyes!

Encourage your children to look up and in front when out exploring in your local park. Playing while standing builds a child's core strength and posture. They have to engage their core and back muscles to keep playing while upright.

Children notice everything! From the leaves blowing in the trees on a windy day to the shapes of the grooves and knots in the tree bark. If we encourage their interest in exploring, children will make use of opportunities to strengthen and develop their motor skills in different ways.

Tracing the grooves in the bark of trees with your finger helps children develop finger isolation, tactile awareness and development of the muscles of the hand and fingers that help them grasp things.

Compare the bark on different trees.
How does it feel? Use words like: rough, smooth, jagged, sticky, dry.

How high can you reach?

Reaching up with a stick to tap high branches requires core strength and stability (whilst maintaining a good grasp of the stick).

What is the highest branch you can reach with your stick?

Perhaps if you jump you could reach this higher branch?



Images taken at parks in Willoughby City Council area.

www.willoughby.nsw.gov.au/Residents/Parks-and-recreation/Parks-reserves-and-grounds



Bark Rubbing

Bark rubbing is a great activity for developing coordination as it requires the use of 2 hands – 1 hand to hold the paper and 1 hand to use the crayon. Your child will learn to stabilise their shoulder and elbow as they create their picture. If they need help, then you can hold the paper for them.

Children learn to vary how much pressure they need to apply, to get the crayon colour to show, while not tearing the paper.

Colouring in while leaning against the trunk of a tree strengthens neck and postural muscles and helps develop skills in a different way.



Playing on a wall.

Squatting down to pick up things, like seed pods, and placing them on a wall at eye level helps to strengthen the leg muscles.

Standing up to play makes it easier for friends to join in.



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

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Learn to Play_Play to Learn. Reconnect with local play spaces: funded for Willoughby City Council area with Chatswood RSL Club LTD ClubGRANTS 2020. Referencing the 3 principles of "Everyone Can Play" of creative, inclusive play spaces. <https://everyonecanplay.nsw.gov.au/>