

# Active Play Active Learning

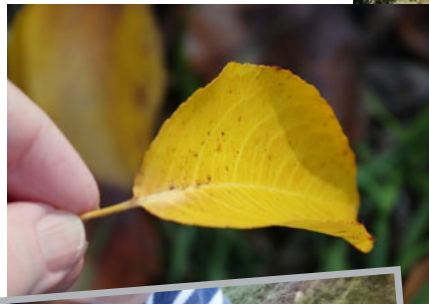
Find places in your neighbourhood that you might not have thought about as places to play. There are places close to home that will give your children opportunities to learn through active play.

**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.



## Busy Hands

Keep little hands busy with learning activities when you go outside. There are so many areas of development that come together when you use your hands to pick, build, and create. Give these activities a try and see how your child can use their fine motor skills to progress their cognitive and learning skills.



### Pick up and gather

Collect fallen items from nature, such as pinecones, leaves, fallen flowers like banksia and frangipani.

Use your pincer grip (fingertips) to pick soft and delicate clover flowers.

Use a palmar grasp (whole hand) to pull out thicker weeds like dandelions.

### Pick up, sort and play

- Use hands to move objects around that are small, different shapes and textures.
- Put them into groups or patterns. 'Green leaf - yellow leaf - green leaf - yellow leaf'.
- Line up your collected objects into different shapes such a circle out of rocks, or an alphabet letter using leaves.



### Leave a mark

Use rocks and sticks to make a mark. Experiment with different rocks and discover which corner of the rock makes the best mark.

Different tools on different surfaces might leave different colours or widths of lines and types of marks. Look out for things to trace around.

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

Drawing with a stick in the dirt or sand combines fine motor skills and gross motor skills. It uses hand strength to grasp the stick, shoulder stability to control the movement, and trunk stability to stay balanced.

Draw shapes and patterns. Draw a path for others to walk on. Draw a road.

Teach older children to play a game of Noughts & Crosses in the dirt.



### Build a fairy home

Inspire your child to use their construction skills and imagination by building a little fairy house or an insect house using sticks and leaves.

"How will the fairy get into their house?"



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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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/>