

# LEARN to play PLAY to learn

**PLAY FOR ALL  
AUSTRALIA**



Together supporting all children... Starting early!



Being outdoors in nature is not only fun for both children and adults. It gives you new things to explore and learn about. Nature provides so many opportunities for children to be discoverers, problem solvers and relax and be creative. Exploring is the way they come to understand their world. We can use all of our senses. It helps develop their attention and focus.



## Natural detective

All children are natural detectives, exploring and finding things everywhere.

### Encourage your child to explore.

Find a cardboard tube or two and make “binoculars” or a “telescope”. This is a way to focus in on the little things. Look out the window, get in close to critters hiding in the grass, check out the leaves on a bush. Take turns to look through the tube and describe what you can see?



## Collect things as you go for a walk

Collect things when you go for a walk. It is a great way to help your child find more to learn about.

Encourage them to look out for particular things while walking – a red car, a spiky plant. **Take a bag or container with you to carry all the different things you find - sticks, flowers, stones, leaves.** When you find something, smell it and listen to it as well as look and touch. When you get home examine what you collected.

The learning can keep on going as you check out this “treasure”. You could even create an art work together with what you have found.

## HELP YOUR CHILD – LEARN TO PLAY AND PLAY TO LEARN

Developed by teachers and therapists of EarlyEd in partnership with Play for All Australia and families who have a child with a disability.

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For more information go to [www.earlyed.com.au/learn-to-play-play-to-learn/](http://www.earlyed.com.au/learn-to-play-play-to-learn/)

## Making tracks



Wet days can mean extra fun especially in the summer time! Make the most of them. There is so much you can do with catching rain, running water and mud. You can explore how to make rivers, tracks and dam and float things.

**Dress to get dirty.** Set up to be ready to get your child to use the hose or wash down before you go inside, as part of the game! (Maybe do mud play in the late afternoon and follow with an early bath time.) If it rains for days don't feel like you have to be cooped. Get out and get into it.

**WARNING:** Make sure you supervise children at all times when there is water, to reduce the risk of drowning.

## Walking along a wall



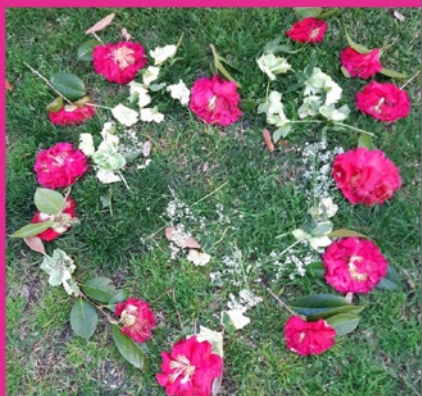
Getting to the park can be as fun as being there. Look out for a wall to walk along. **What a great way for children to develop their balance, motor planning and co-ordination.**

Getting started: When first trying find a wall or ledge that is low to the ground to give your child confidence to try. Walk close beside them so they can reach out to touch you to regain balance rather than holding their hand. Then start gradually move further away. Then look out for higher walls

**NEW GAMES:** You could have a go too! You can follow their lead.

## Leave something on your FootPath

Make others smile too!



Look what was found when out walking the other day. There were lots more down the street. Other people had copied the idea and made different versions. What could you put out to make other's smile or make their walk more interesting?

**NEW IDEAS:** Using sticks or leaves make patterns, create arrows, or write a word.

Write messages or draw pictures with chalk.

Invite others to add on to your drawing.

## Playing an old favourite ...



Sometimes the best ideas come about when you see another family at play. When you have had enough of swings and slides add a game of hide and seek that include the trees and plants and the playground equipment.

Those old games we can pull out at any time to create great family fun and stay longer out at play.

**GETTING STARTED:** For little ones, pair up to help them learn how to hide and look for people. Make it clear how far they can go to hide.