

Active Play Active Learning

When children get involved in active play they learn about their world and at the same time develop their strength, stamina and coordination. Some children aren't ready or big enough for playgrounds. Why not make use of low walls, steps, pathways and natural features near home and in your parks? They can provide just enough challenge but not too much. There is so much to see and do. Children might need an adult close by to guide and encourage them as they explore and try new things.

WENDY'S SECRET GARDEN

www.wendyssecretgarden.org.au

What secrets will you uncover when your family starts exploring Wendy's Secret Garden? The magic of being able to explore the many parts of this garden will motivate your children to meet all the physical challenges it presents. Take your time. Help your children problem solve how to manage the natural steps, uneven and sometimes steep walkways and zig zag paths.

EXPLORE AND STRENGTHEN

All these stairs are a great way to strengthen the legs and glute muscles while exploring a new park. There are hand rails of different heights to help you keep your balance.



There are lots of turns in the path; this is a great place to play a game of hide and seek, or Marco Polo!



PRETEND PLAY

Bring along some toy figurines for some pretend play. Little toy dinosaurs fit in perfectly in this massive jungle.

GO FOR A DRIVE

Explore the curves and bumps along this root system by taking a toy car for a drive.

BALANCE AND COORDINATION

Play a game of follow the leader through this rugged terrain. Stepping in and around these tree trunks is a great balance and coordination exercise.

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NATURAL BENCHES

Take a rest on one of the many natural benches, and play a game of I-Spy, what can you see around you amongst the trees and bushes?

COLOUR MATCHING GAME

Play a colour matching game. How many objects can you find that matches these colour swatches?



There are so many interesting things to find in this park. How many of these can you find? A birdbath, wheelbarrow, white table and chairs.

CREATURES

Observe little insects going about their day, nibbling leaves and travelling through the plants.

SCAVENGER HUNT

These nooks and crannies are great for a scavenger hunt. Bring along bright coloured blocks to make it easier for younger children, or more neutral coloured objects for a more challenging game.

MEASURE UP

Measure up your height against the lines on this old tree trunk.



This resource for parents was made possible with the support of North Sydney Council's Small Grants program. Active Play, Active Learning adds another piece to Learn to Play... Play to Learn resources developed as part of the partnership of EarlyEd and Play For All Australia. The goal is to bring families inclusive, low-cost no-cost, family-centred tips and ideas that promote learning through active play. For more information visit www.earlyed.com.au/learn-to-play-play-to-learn/

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