Now, more than ever!

CHILDREN'S WELL-BEING
the heart of play based learning

Play based learning encourages children to...

create friendships and enjoy positive relationships

tune in to their emotions and needs, and to feel good about themselves

communicate with others and express themselves

develop independence and take responsibility

connect with nature

be lively and energetic, quiet and still

be open to new experiences

be problem solvers and great thinkers

imagine, invent and create

explore and make sense of the world

What kinds of play does your child enjoy?

creative?
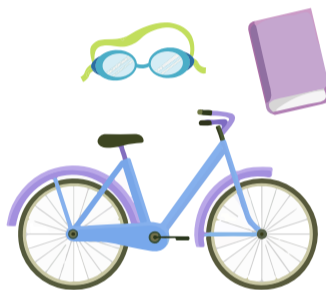
quiet and focused?

physical?

construction?

role play?

What type of play do you enjoy with your child?

- something creative, such as making a model from junk/tea parties/playing shops.
- something inside or outside the home, such as den building.
- something you enjoyed from your childhood, such as hopscotch or Simon Says.
- something that develops their concentration, such as a treasure hunt.
- something peaceful for calming down, such as I Spy or making up and telling stories.
- something boisterous to let off steam, such as the floor is lava or rough and tumble play.
- something that fosters a healthy lifestyle, such as building an obstacle course.

When does your child ask you to join in their play?

Is there a special time each day, week or month when you spend time together?

they might...

want your attention - because life gets busy!

have something they want to show you and make you proud

have a favourite game or activity they ask you to do together

need your support to do something or get better at something

In what ways do you take part in your child's play?

you might...

- invite them to play something with you
- suggest something new for them to try with you
- join in their imaginary games as a new character
- notice and comment on what they are doing
- show them a new way to do something
- invent and create something together that takes time

What do you learn about your child when you watch them playing?

they are chatty and expressive
(language and vocabulary)

they are more daring
(strength and agility)

they are kind and caring
(sociable)

they are happy!
(well-being)

you might notice that...

they have a brilliant imagination and creative ideas
(creativity)

they love nature and take care of the world around them
(eco-consciousness)

they can solve problems and follow plans
(logic and patterns)

they invent things and put their ideas into action
(design and dexterity)