

Play is the key way children learn about themselves, others and the world they live in. It is essential to their learning, development, health, and physical, mental and social well-being – and it's FUN! Play provides the building blocks to be ready for school.



Block play

Blocks can be used for a wide variety of play and learning.

Did you know?

Playing with blocks helps toddlers develop fine motor and thinking skills.

Add language

You could talk about the blocks in terms of size, shape and colour. Using words to describe place concepts e.g. next to, beside, on top, underneath, between etc. helps to develop an awareness of position.

Building sets that include people or characters encourage more talking as the characters interact during play. You could also use repetitive rhyme or song to draw attention to building a tower e.g. "Build it up build it up, build it higher, build it up, up, up into the sky", and then knock it down commenting "Uh oh", "Fell down".

Other Development

Sorting blocks by size, shape, or colour and counting blocks in each group builds early math concepts.

Stacking blocks vertically and horizontally helps develop awareness of position in space.



Toddlers develop early science concepts as they learn how high you can build before it falls over and how the building stays more stable if you start with a wider base. Pretending single blocks or block combinations are cars, trains or boats helps develop an understanding that you can use something to represent something else. This is an important skill needed for early literacy.

Variations

Build bridges or arches together and have vehicles, people or animals go over, under or through. Talk about if they will fit the space – is it too small, can we make it bigger?

📌 Playgroup WA has a treasure trove of play activities for babies, toddlers and 3-5 year olds, for home and playgroup. These play activities cover a balanced diet of play across sensory, movement, language and thinking skill areas.

You can find them at www.playgroupwa.com.au/playideas or visit www.facebook.com/playgroupwa

