

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.



## Rough & tumble play

**Rough and tumble play satisfies the drive for action and adventure in children. It allows risk taking within safe boundaries.**

### Did you know?

Rough and tumble play is necessary for the development and maintenance of social awareness, learning to read and understand the body language and emotions of others, and managing their own behaviour.

### Add language

Often in the height of rough and tumble play, talking may not be needed. However, stories or pictures which include rough and tumble play are useful to prompt conversations about how we feel, how other people feel, how we know how they feel and when and why we need to stop. This helps build children's vocabulary and thinking and reasoning skills.

### Other development

Rough and tumble play builds emotional and social skills in learning to give and take, practise fairness, cooperation, compassion and self-control. Children who have engaged regularly in rough and tumble play learn to know the difference between innocent play and aggression. This helps with their social, problem solving and protective behaviour skills. Adults modelling in rough and tumble play show children that someone bigger and stronger holds back, shows self-control, fairness and empathy so



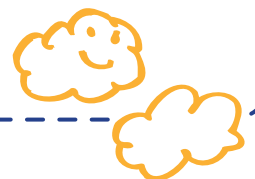
everyone has fun and no one is hurt, feels bullied or forced to do anything. Calming down with your child at the end of the game is important in helping your child develop self-regulation skills.

### Variations

Playing chasey or tag, play wrestling, rolling, spinning and dancing can all be rough and tumble play.

### Safety

Each child differs in the amount of rough and tumble play they can handle. Get to know your child's limits and stop before they reach that limit. It is important that the play is fun and no one is forced to do anything.



- 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](http://www.playgroupwa.com.au/playideas) or visit [www.facebook.com/playgroupwa](https://www.facebook.com/playgroupwa)