

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.



## Songs & finger rhymes

**Action songs help children learn new body movements in a fun way. The rhythm of the music can help children to coordinate their movements.**

### Did you know?

Songs which focus on letters and numbers introduce a child to counting and phonological (sound) awareness in a fun way. Early learning of concepts, numbers and phonological awareness through play helps prepare children for activities they will do at school.

### Add language

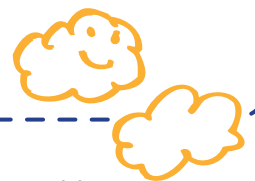
Pause in well-known songs and give your child a chance to finish the song themselves. Use words to talk about features of the song e.g. "That line has lots of words that start with the same sound" or "Those words end in the same sound – they rhyme". Change words in familiar songs to create different rhymes or create silly songs with words that all start with the same sound.

### Other Development

Songs and music can help teach concepts and contrasts e.g. fast/slow, stop/go, up/down, in/out, loud/soft, high/low, left/right.

### Variations

Songs can also be an opportunity to tell an oral story. Having fun with your child, changing the words to a familiar song to tell you about their day is one way to do this.



- 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)

