

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.



Autumn Play

Autumn is the perfect time to get outside in the cooler weather and notice the way the environment changes with the seasons. Spending time outside with your child allows you to show how to care for the environment and how to respect the plants and animals you see as you explore.

Did you know?

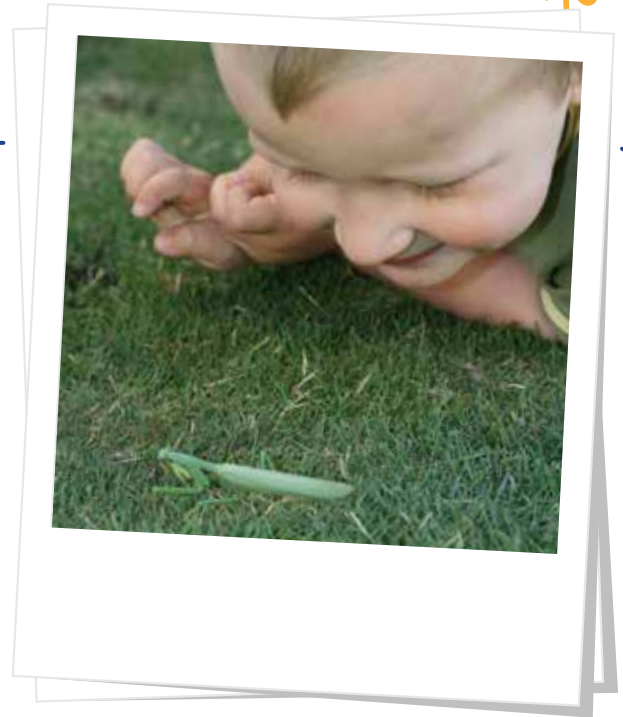
Enjoying nature together helps your child develop a respect for living things. Ants often become more active just before the first autumn rains. Watching them makes a fascinating, fun science play activity.

Add language

Autumn is a perfect time for a conversation about nature. You can talk about animal habitats and lifecycles. You can talk about what different animals do when the seasons change. You could have a conversation about why the leaves fall off some trees. These conversations help develop more complex language skills and general knowledge they can build on at school.

Other development

Autumn's mild weather is perfect for getting outside. Being outdoors in the backyard, park or in the bush provides time to "just be". Nature is a perfect relaxed place to unwind and develop self-regulation skills (the ability to manage feelings, behaviour and energy levels).

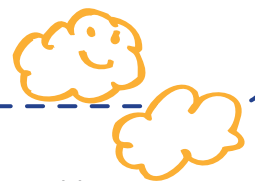


This is important for positive emotional development.

As children explore, experiment and discover they build reasoning, maths and science skills needed later for school. You could collect and sort fallen leaves –examine their different shapes, colours, textures and smells. Count the leaves and compare. What leaves do you have more of and what leaves do you have less of? You could hide in the leaves - how big does the pile need to be to hide in?

Variations

Making and flying a kite together can be a fun play activity for an autumn day. Children learn about kite design, wind conditions and "kite eating trees"!



- 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