

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.



## Spring Play

There is so much to see, do, explore and investigate in the ever-changing spring world.

### Did you know?

Children who spend time in nature have stronger coping skills and are more resilient. Playing freely in the outdoors allows them to try out new ways of doing things. When they fall, they learn to get back up again and have another go. Your reassurance builds their confidence and self-esteem. Springtime is one of the most inviting times to get out into the great outdoors and explore the natural world.

### Add language

You can help build your child's language skills by using language in observing and exploring the changing natural world in spring. Use specific words to talk about parts of plants e.g. roots, trunks, stems, petals etc. This helps build your child's word knowledge.

### Other development

Spring is the ideal time to talk about and investigate life cycles. Look for and talk about caterpillars, cocoons and butterflies. Count how many bugs or ducklings you see. Encourage and respond to your child's natural curiosity and exploration. This all builds your child's general knowledge, science and maths concepts. It builds their understanding of their world and their place in it. Visit your local library and share books.



There are some great non-fiction picture books for young children about life cycles. This helps build early literacy skills, develops an interest in books and reading for information as well as storytelling.

### Variations

Spring is the best time for planting flowers, herbs and vegetables. Gardening helps strengthen hand and finger control which develops your child's muscles used for writing and drawing.

### Safety

Always use sun protection when playing outside. The warmer weather tends to make reptiles more active so it is worth being watchful in areas where snakes may live.

- 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)