Active Play Active Learning

EarlyEd
Together supporting all children... Starting early!

Find places in your neighbourhood that you might not have thought about as places to play. There are places close to home that will give your children opportunities to learn through active play.

Active Play_Active Learning is a series of play ideas that will encourage parents and children of all ages to be active in local community spaces. EarlyEd's therapists and educators have created great ways for you to help your child develop and use their skills to play, explore and learn.

Patterns

There is so much a child can gain from recognizing and making patterns. Patterns form the foundation for understanding higher level cognitive skills like numeracy, mathematics, and logic. Everyone can participate, because patterns can be found in things we see and hear! Here are some ways you can teach your child to recognize and play with patterns in the outdoors.

Find patterns

Look for natural patterns in your surroundings - in tree bark, lines in the bricks.

Gardens are often planted in patterns. Look for line, shape and colour patterns and patterns in the flowers themselves.

Trace over the patterns with your finger or with a stick to add in some fine motor practice.

Get active with patterns in your neighbourhood.

- Weave in and out around poles.
- Follow patterns in the pavers and concrete slabs. Create actions patterns using them (step, step, jump).
- Draw patterns in the pavers with chalk to make it easier to follow.
- Playing hopscotch uses patterns.
- Make patterns with your actions - jump with legs out/in, reach up/down, jump onto your left/right foot.

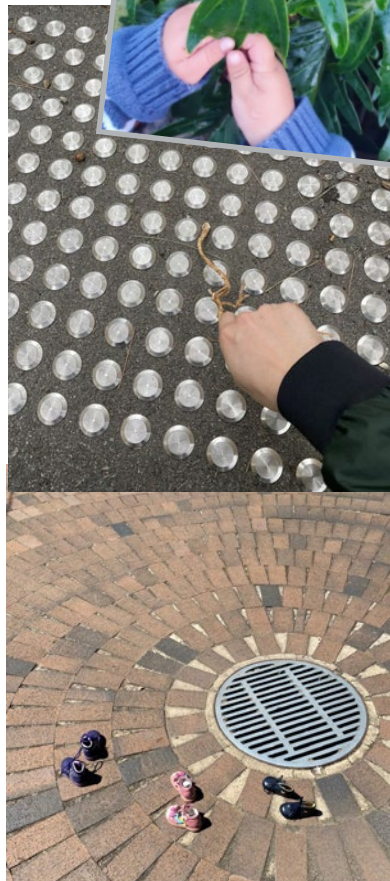### Build sequences with what you find outdoors

Ask your child to copy you and put different objects in order, like rocks in increasing size or sticks in increasing length.

Make patterns by building sequences. Line up leaves in patterns - yellow, brown, yellow.

Musical patterns

Make sound patterns by tapping a beat with sticks on a rock or pole. Copy each other.

https://www.willoughby.nsw.gov.au/Residents/Parks-and-recreation/Parks-reserves-and-playgrounds

For more information go to www.earlyed.com.au/startstrongplay/ or phone (02) 9923 2727 or follow us on Facebook and Instagram