

# Play Strong

Pathways to early education



## Why is play important for young children?

Play is an essential part of every child's life and is vital for the enjoyment of childhood as well as social, emotional, intellectual and physical development. Through play, children develop important learning and life skills such as exploring, identifying, negotiating, risk-taking and imagining. Play teaches young children about communication, supports the development of motor skills and encourages problem-solving.

## What is playgroup?

At playgroup, parents and carers get together with their children in a social setting to connect and learn through play. Playgroups across NSW have vacancies for families just like yours.

**Learn more about the importance of  
play and how to join Playgroup NSW**  
[playgroupnsw.org.au](http://playgroupnsw.org.au) 1800 171 882



**Playgroup  
NSW**

Promo Code 3625

0-18  
MTHS

## ACTIVITY

### Early Literacy Activity

Play is essential for all children, including babies. Through play, babies learn how to communicate, socialise and understand their surroundings. Through you, your baby will associate safety and comfort in their world. Babies are active participants in building their own understanding and do this by observing, experimenting and participating with other adults and children.

### Bubble Play

Bubbles can provide hours of fun and fascination for your baby. If they are too young to blow the bubbles themselves, they will enjoy watching the bubbles float and burst.

### Peek-a-Boo

Covering your face with your hands or a sheer scarf can inspire a game of Peek-a-Boo.

### Nursery Rhymes

When singing to your baby they are connecting with you, developing speech and language. Adding hand actions helps with hand-eye coordination.

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18-24  
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## ACTIVITY

# Five Little Ducks

### Early Literacy Activity

Children learn so many skills from repetitive and rhyming songs. It is the basis for their literacy skills in later life. Children unconsciously learn things like “numbers” and “new” words through the simple act of singing.

#### What to do

Sing Five little ducks

(Repeat until “one little duck” verse)

Five little ducks

went out one day  
over the hill and far away  
Mother duck said  
“quack, quack, quack,  
quack.”

But only four little ducks  
came back.

(final verse)

Sad mother duck  
went out one day  
over the hill and far away,  
sad mother duck said  
“quack, quack, quack.”  
and all of the five little ducks  
came back.



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24-30  
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## ACTIVITY

# Big Steps

### Physical Health, Well-Being, and Movement Skills Activity

Toddlers need lots of practice to develop their balance once they are walking. This activity also introduces them to the early maths concepts of “big” and “little,” which further extends children’s cognitive and language skills.

#### What to do

Act out the movements of “Big Steps, Little Steps” with the toddler.

Big steps, big steps. (Take long steps)

Little steps, little steps, little steps. (Take small steps)

Big steps, little steps, BIG STEPS!

Can sing and play, (Give the child a toy.)



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30-36  
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## ACTIVITY

# My Little Bird Game

### Social, Emotional and Wellbeing Activity

Holding children close while reciting this poem will enhance their feeling of security.

#### What to do

Say the following poem and do the actions:

Here is a nest,  
All warm inside,  
Where my little bird  
Can safely hide.  
(Wrap your arms around the child  
and hold him/her closely.)

Here is a nest,  
All hidden away,  
Where my little bird

Can sing and play,  
(Give the child a toy.)

Here is a nest,  
All cozy and deep,  
Where my little bird  
Can go to sleep.  
(Rock the child gently and pretend  
to go to sleep.)

