

What's

Learning through play?

All play helps children learn. **Through play** children use their imagination, creative skills and develop their understanding. Play is for all ages, free and can be as creative as you want!

Learning through play **can improve** your child's:

- fine and gross **motor skills**,
- speech and **language development**,
- **problem-solving** skills,
- and many others

Learning through play at home

A lot of our learning happened when we were playing. It should be a very positive experience. Here are just some ideas:

- Use the **outdoors** as your free space: there is so much to explore and learn
- Play should be **child led** and interesting for them
- **Talk** about the activity you are doing together
- Be **creative**: play does not have to follow rules!

Children from 0 to 5



You can **dress up and pretend** to be visiting a doctor or looking after someone who is unwell.

This role-play can help prepare your child for a doctor/dental appointment.

Children from 6 to 11

Make **playdough** together. Mould the different parts of the human skeleton and then connect together. You could also make organs and muscles.



Teens from 11 to 15

Set **challenges** for your child/teenager to do in the park/open space for example "run up the small hill".

Ask them to predict if their heart rate will increase or not.



Find more resources

- Check our **booklet** for more activities
- Visit our **webpage** <https://healthathome.net/>
- **Feel free to come up with ideas on your own!**

