

Let's Play!

Activities for Families



Let's Go Camping!



What?

1) Set up play tents (or small real ones), build a fort, or create a small shelter. Add sleeping bags/blankets, pillows, etc

2) Ask your child what sort of camping activities they would like to do.

Some ideas:

-go fishing (twist pipecleaners into fish shapes, attach a string and magnet {or use paperclips as a hook} to a stick for the pole, put 'fish' in bucket/pool

-sing camp songs and tell stories

-explore nature/go on a scavenger hunt (talk about the kind of plants or animals you find in the wilderness)



-have "camping" food (here is a recipe for bannock that you can make over a campfire:

<https://www.appetitetoplay.com/healthy-eating/recipes/bannock>)

-build a "campfire" with sticks, rocks and any red/orange tissue paper or fabric you may have; add sticks and "marshmallows {cotton balls} and enjoy!

Why?

*children will build, create and design using different materials

*develop a sense of wonder for natural environments

*be creative and expressive in a variety of ways



Story Stones

What?

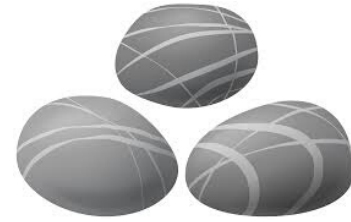
1) Find some stones and paint/draw simple pictures on them (a person, a tree, a bug). Encourage your child to help, either by sharing ideas or creating their own pictures.

2) Use the stones in storytelling. You can tell a story from a book or make up your own. Allow your child to explore the stones and see what stories they can come up with.

Why?

- *children will learn to communicate thoughts and feelings through creative expression
- *be independent and confident as they create storylines
- *express their point of view
- *enhance communication and literacy skills

Watch Miss Diana tell Stone Stories in her fort:
<https://youtu.be/MI5RpL387fc>



Heart Beat of Mother Earth

What?

- 1) Introduce objects in different sizes and materials that will make a variety of sounds when hit.
- 2) Talk about the beat of your heart – notice how it beats slow or fast – and try different drumbeats. Some Indigenous people refer to the drum as the heartbeat of Mother Earth
- 3) Explore different sounds and speeds – slow, fast, hard, and soft

Why?

- *children will develop motor skills and hand-eye coordination
- *express emotions and explore self-regulation
- *engage in sound and word play
- *experience stories and symbols of their own and other cultures

Walking on the Wild Side

What?

- 1) Prepare your child for an outdoor exploration! If possible, give your child a choice about where you are going to go.
 - 2) Go for a walk and find or create different obstacles out of the natural things you come across:
 - jump in/over a puddle
 - roll down a hill
 - toss a rock in the creek/lake
 - balance along fallen trees
 - find a large rock to climb on or over
- run to one tree, skip to the next, walk sideways to another



Why?

- *children will feel confident and in control of their bodies
- *use and develop large motor skills
- *explore and learn about nature
- *adapt to and enjoy experiences of change and uncertainty (become flexible)



More activities from "Let's Play!" can be found online at <https://www2.gov.bc.ca/gov/content/education-training/early-learning/support/play>

These activities are intended to support children and families as they learn, play and explore together! This engagement also enhances healthy social and emotional development in children.

Additional Tips:

- *follow their lead, ask open ended questions, acknowledge big emotions or challenges as they happen and HAVE FUN!*