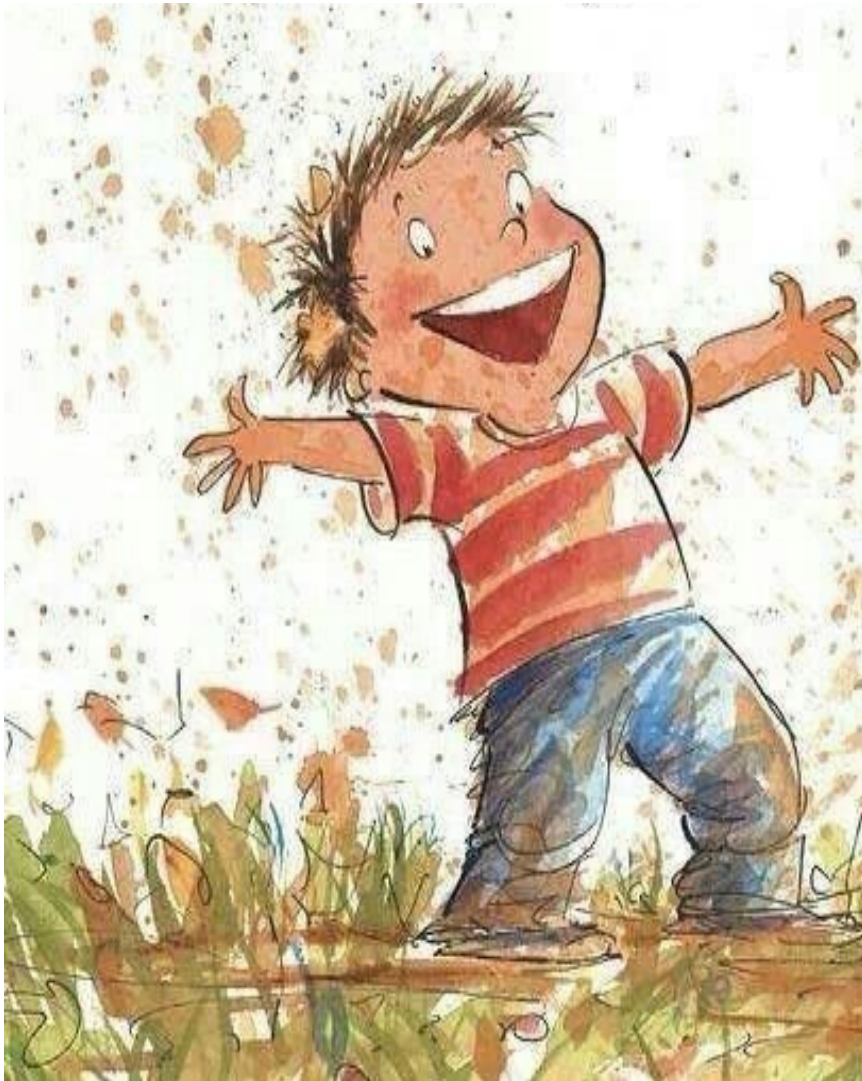


# Let's Play!™



## Dirt in My Shirt

There is dirt in my shirt  
And leaves in my hair  
There's mud in my boots  
But I really don't care

Playing outside is so much fun  
To breathe the warm air  
And feel the warm sun

To stomp in a puddle  
Or climb a big tree  
Makes me quite happy  
Just look and you'll see

# Treasure baskets & Heuristic baskets

**Key Message**  
You are not alone...  
Let's explore the world  
**TOGETHER.**

☺ Allow children to freely explore, learn and investigate the world around them.

☺ Ensure child is well rested, calm and fed before starting. Make sure all items are clean and safe.

☺ Fill a basket or box that is an accessible height with household items for them to explore.

☺ Sit close by and observe, encouraging them but allowing them to freely explore the items.

**4-18 months approx.**



☺ As the child develops, change the items in the basket to keep it interesting, begin to interact with them and expand their play over time.

**Note:** Egg box, cardboard tubes, small bowl, pegs, egg cup, spoons, curtain rings, bracelet, soft toy, bean bag, bag of herbs, ribbon, purse, ball, door stop, whisk, lemon, orange, loofah, large pebbles, nail brush, hair brush. Provide items that stack, roll, balance, thread, pattern, match, make noise, smell and have different textures.

## Sensory Play

**Key Message**  
You are capable... ..  
I like to be with  
**YOU'**

☺ If your child is sensitive start gently with dry sensory items and move to wet.

☺ Sensory bags can be filled with... beans, spaghetti hoops, jelly, custard, rice, paint, lentils, oil and water, gel, foam and much more! Make sure the bags are well sealed.

☺ Sensory bins can be filled with dry or wet sensory items such as – leaves, newspaper, rice, cotton balls, pasta, water, sand, paint and lots more!

**All Ages**



☺ Encourage touch by playing with messy items, sand, water, foam, playdough, art, feely bags, guess the texture.

☺ Encourage seeing by playing 'I spy', 'copy me', play with binoculars, magnifying glasses

☺ Encourage hearing by playing guess the sound, body percussion, musical instruments, songs.

**Note:** Sensory play involves using the body to experience the world through touching, smelling, tasting, seeing, hearing and moving. It is essential for child development and helps to build trust, confidence, emotional connection and communication.



## Role Play

**Key Message**  
You are creative and  
inventive... ..  
I love to be part of  
**YOUR world**

- ☺ Role play provides the groundwork for abstract problem solving and enhances language.



- ☺ Let the child lead the play and only play the role assigned to you.

☺ 5 years + + +

- ☺ It is a privilege to be invited into the child's world to play. Turn off your phone and set boundaries around how long you will play for.

- ☺ Narrate the play to allow your child to know they have your full attention and to give language to their ideas.

**Note:** Prepare a role play box with props and clothing such as: glasses, feather boa, tie, scarf, hand bag, old clothes, blanket, magic wand, toy money, beard, hats, purse. Try to use items that are neutral e.g. a scarf can be a bandage, a magic carpet, a baby blanket.

## Play Time At Home

**Key Message**  
I am proud of you... ..  
I see all **YOU** can do

- ☺ Each time you engage in play with your child you are building on their attachment and connection with you.



- ☺ Set aside play times with your child and let them know how long you will be playing for.

- ☺ Give warning when time is coming to an end.

- ☺ Add challenge to the play and use words of praise to help them build a positive sense of self.

**Note:** Suggestions: balloon tip, newspaper basketball, rough and tumble play, outdoor play, body mirror game, thumb war, fort building, shared activities e.g. art, baking, stories.

# Rough and Tumble Play

**Key Message**  
I love to laugh with  
you.....  
lets learn about safe  
boundaries together

- ☺ Often done with a parent, it is a seriously fun opportunity for children to learn about physical boundaries.



- ☺ ***What is acceptable and what is not.***

- ☺ Children can be guided by their parent to co-regulate their excitement and aggression.

- ☺ Make sure the chosen area for rough and tumble is free of hazards.

- ☺ They are likely to use these boundaries when playing with others.

**Note:** Set some ground rules such as no biting, choking, 'if the smiles stop, play stops'. Give a few minutes warning when its almost time to cool down and stop. Praise the child for cooling down and stopping. Rough-and-tumble play is social play that involves physical contact, positive emotions, shared stories, and vigorous activities such as tickling, jumping, swinging, chasing, and play fighting.

**Key Message**  
You are inventive....  
Let's be CREATIVE

- ☺ Use old sheets to make a fort.

- ☺ Hide & Seek

- ☺ Have a Teddy Bear's picnic

- ☺ Make rice crispy cakes and remember spoon licking is essential.



- ☺ Tin-can Telephone requires two tins or cups tied together with a really long strip. See how far the message can go

- ☺ Ker-plunk... uses basins, bowls, saucepans, placed at a distance and you and your child have to see who can get teddy in first.

- ☺ The more adventurous of you can put on your wellies and go puddle hunting. The large the puddle the bigger the jump.

- ☺ What in the bag basically is you putting something in a bag and letting your child feel it and guess what it is.

- ☺ Music is always a winner with smallies. So....

Musical statues

Musical Chairs

Dance Off

Dance like no one is watching

Follow the Leader

Row Row Row Your Boat

- ☺ Hand and foot prints make amazing monsters, creatures and animals

- ☺ Junk modeling basically uses anything in your recycling to create something from your child's imagination.

**You need to just go with it!!!**

## Simple Slime

In a medium sized bowl, pour in about one to one & a half cups of PVA glue. Add a few drops of food coloring & stir. Add some shaving foam & stir. Add activator slowly while stirring. A good activator is Formil Biological from Lidl (green lid).

Keep stirring until the mixture begins to turn into a large lump. Take the mixture into your hands and stretch and fold it. If it is too runny add some more activator.

*Have fun with your slime!*

## On The Go Play Kit



☺ Newspaper  
(for newspaper basketball),

☺ Paper and colors

☺ Feather

☺ Book

☺ Toy

☺ Bubbles

☺ Finger puppets

☺ Healthy  
snack

☺ Straws

☺ Balloon

☺ Cotton balls  
(for cotton ball football)

**Ideas**

Having an on the go play kit  
will keep children engaged,  
stimulated and occupied when  
you are out and about without  
having to resort to a screen



WE DIDN'T REALISE WE WERE  
MAKING MEMORIES, WE JUST KNEW  
WE WERE HAVING FUN



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An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
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