Learning Through Play: There are so many ways!

Join your child's play by following their lead and imitating their actions and words. Play your child's way!

Sensory or Exploratory Play

- Children learn about the world through looking, touching, tasting, smelling, hearing, and moving
- Encourage exploration of textures, movements, lights, and sounds in their environment
- Examples: finger painting, squishing playdough, climbing in boxes, touching dirt, dumping and pouring water

People Play

- Simple, repetitive play between at least two people
- No toys needed - you bring the fun!
- Examples: peek-a-boo, chase, tickles

Movement Play

- Involves physical activity and body awareness
- Can be structured or unstructured
- Examples: climbing, jumping, rocking, spinning

Functional Play

- Learning what objects do and how to use them
- Using toys in their intended ways
- Examples: rolling toy cars, pressing pop-up toy buttons, sorting shapes, drumming

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Constructive Play

- Making, building, or creating
- Using materials to make something new
- Examples: stacking blocks, building sandcastles, drawing

Pretend Play

- Early pretend play can happen with real objects (e.g., talking on a toy phone)
- Later pretend play can happen with imagined objects (e.g., holding a block as a phone)
- Acting out real-life or imagined scenarios, such as feeding and putting a doll to sleep, pretending to be a firefighter

Games With Rules

- Child follows agreed-upon rules to play
- Playing with others
- Examples: board games, tag, hide and seek

If you have concerns about your child's play or interaction skills, contact your physician or Speech-Language Pathologist.

Reference:

https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/play-today-handbook.pdf

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