





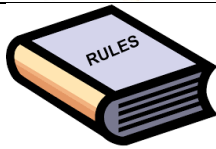




# Noah's Inclusion Services

## ACTIVE PLAY

What?	How?	
<p>Physical activity is essential for healthy development of mind and body. It's also fun!</p>	<ul style="list-style-type: none"> <li>• Most children like throwing and kicking a ball, running and chasing, bouncing and sliding, jumping and rolling. Many kids also like rough and tumble, tackling and wrestling.</li> </ul>	
<p>There is a real danger today that children spend too much time sitting with a screen – TV, computer, tablet or smart phone – and miss out on the active play that helps develop not just their bodies but their minds as well.</p>	<ul style="list-style-type: none"> <li>• Active play can be a great opportunity for quality time with parents/carers. If a child plays with a parent who is bigger, stronger, wiser and kind, the parent's strength protects the child but still makes it fun.</li> </ul>	
<p>Active play helps children gain a better sense of their bodies, other people and the world around. It helps them combine the hidden senses of touch, balance, and control of their bodies in movement to gain skill and coordination.</p>	<ul style="list-style-type: none"> <li>• The child can rough house with mum/dad/carer without risk of injury because the adult knows where to draw the line to keep it safe and calm down an over-excited child.</li> <li>• Using their strength in a gentle way, the parent/carer teaches the child how to have fun without hurting other people. These experiences teach the child where to draw the line too and exercise self-control in play.</li> </ul>	

## Suggestions for active play

<b>Make room for active play</b>	<ul style="list-style-type: none"> <li>Limit screen time to about an hour a day and make your child's bedroom a TV and computer free zone.</li> </ul>	
<b>Have safe places for active play</b>	<ul style="list-style-type: none"> <li>If you buy a trampoline, look for one with a net around it so the children can't fall off and hurt themselves; if they are playing "jump on parent/care", do it on the floor or the grass, not a hard or sharp surface or where there are things that could get broken.</li> </ul>	
<b>Watch over your children to make sure they are safe:</b>	<ul style="list-style-type: none"> <li>Keep an eye on your kids when they are on swings and slides to make sure they play safely.</li> </ul>	
<b>Make rules for safe active play:</b>	<ul style="list-style-type: none"> <li>Run outside on the grass, walk inside"; "only one at a time on the trampoline"; "If it's fun, it's ok. If it's not fun, it isn't".</li> </ul>	
<b>Make time to play with your children</b>	<ul style="list-style-type: none"> <li>It only needs to be a few minutes at a time as young children change activities quickly. Include active play in your daily activities eg. take a ball with you on picnics or trips, to the park to play catching or chasing.</li> </ul>	
<b>While everyone is laughing and smiling, the play ok</b>	<ul style="list-style-type: none"> <li>If someone is upset or crying, it's time to stop, calm down and comfort. This can be a time to teach children self-control by not being too rough, and how to make up by saying "sorry" after an accidental bump.</li> </ul>	

**Here are some 'active play' activity ideas to have fun with your child, develop your child's skills, and provide loads of sensory input:**

<ul style="list-style-type: none"> <li>Jump on a trampoline</li> <li>Jump onto a crash mat (doona cover filled tightly with old cushions/pillows)</li> <li>Wall push ups – try to 'push the wall over' – hands flat on the wall and arms straight</li> <li>Wheelbarrow walking – hold your child at their ankles, knees or thighs</li> </ul>	<ul style="list-style-type: none"> <li>Funny walks – bear walking – hands and feet on the floor, bottom up in the air, frog jumps, robot walking, crab walks – straight legs, walking from the hips, heavy marching</li> <li>Arm wrestles</li> <li>Kite flying</li> <li>Sack races</li> <li>Rough and tumble</li> <li>Gymnastics</li> </ul>
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