



“I like playing because when I play I explore everything! My mom says that when I play I develop my social, emotional, cognitive and physical skills and I learn how to solve my problems and discover my own areas of interests. But I think that play is FUN!”

References: Kruk M., (2014) Child from birth to adolescence. McCraw-Hill Ryerson.



Outdoor Playgrounds in Toronto:

Duffering Grove Playground

Jamie Bel Adventure

Neshama Playground

Cherry Beach Sports Fiel

Marie Curtis Playground

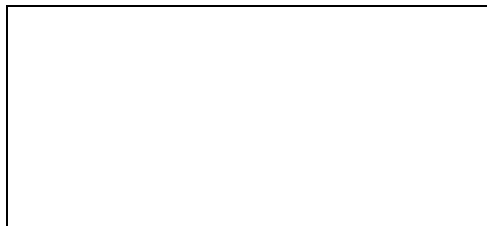
David Crombie Park

Corktown Common

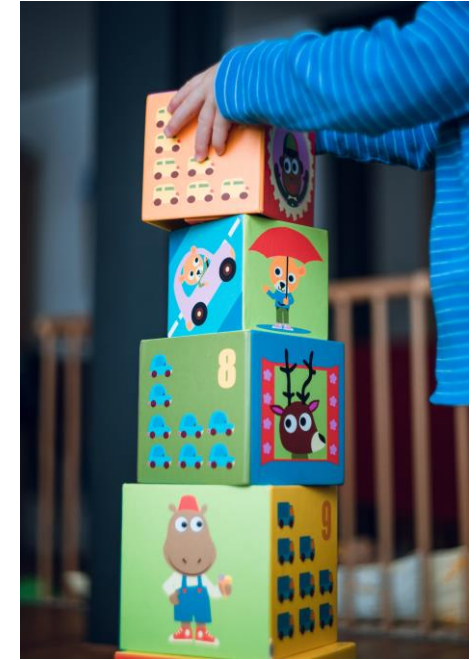
Grange Park (Behind the AGO)

Indoor Playground:

Playground “Paradise” in Flemingdon Community Centre



Play with me!



“Play is the beginning of knowledge.” - George Dorse

EarlyON
Child and Family Centre



Infants (6-12 months):

Your baby practices large muscular movements, copies sounds and gestures and enjoys social playtime.

Some ideas:

- Peekaboo.
- Dance together with your child.
- Sing songs.
- Make up stories as you look at pictures.
- Blow Bubbles.
- Talk with your child about what he sees outside.
- Encourage to crawl over obstacles (pillows, laundry or soft toys).
- Smile to your child. Stick out your tongue, puff your cheeks and give your baby time to copy what you do.
- Play game “Where did it go?”

Materials: wooden spoons, plastic measuring cups and spoons, soft blocks, soft balls, stuffed animals.

Toddlers (1-2 years):

Children from 1-2 years usually play adjacent to other children and are not interested in what they do.

Some ideas:

- Follow your child’s lead
- Game “Simon Says”
- “One for me-one for you”
- “Hide-and-peek”
- Finger (any berry) paint
- Ice Cube Painting
- Trace the body of your child. Outline your child’s body when he lies down on a big piece of paper.
- “I spy”. “I spy something that is big and yellow”.

Materials: toys to ride on, toys to push or pull, climbing space, toys to sort and put together, noisy toys, toys for messy play, kitchen tools, dolls, clothes.

Preschoolers (2-3 years):

Preschoolers like to make things from blocks or other material.

Some ideas:

- Freeze Dance
- Self-portraits drawing
- Collage making
- Masks making
- Cooking together

- Hot potato
- Musical Chairs
- What is missing?
- Animal Hide and Seek

Materials: puzzles, blocks, little cars, toys for art, toys for pretending, musical instruments, Lego, play kitchen,

Kindergarteners (3-5 years):

Children 4-5 years old like playing with objects and taking different roles (doctor, teacher and etc.)

Some ideas:

- Making puppets with old socks or paper bags
- Dress-up games
- Pretended Play
- Playing with musical instruments
- Simple card games or board games
- Playing with science equipment
- Materials:

Materials: sports equipment, bicycle, books, craft kits, board games, construction sets, art supplies, blocks, dress-up accessories, toys for pretend play.