

Creative Activities

String painting

Dip lengths of string into containers of tempera paint. Let the paint drip off the string, or drop the string onto paper. Pull it across the paper to smear the paint.

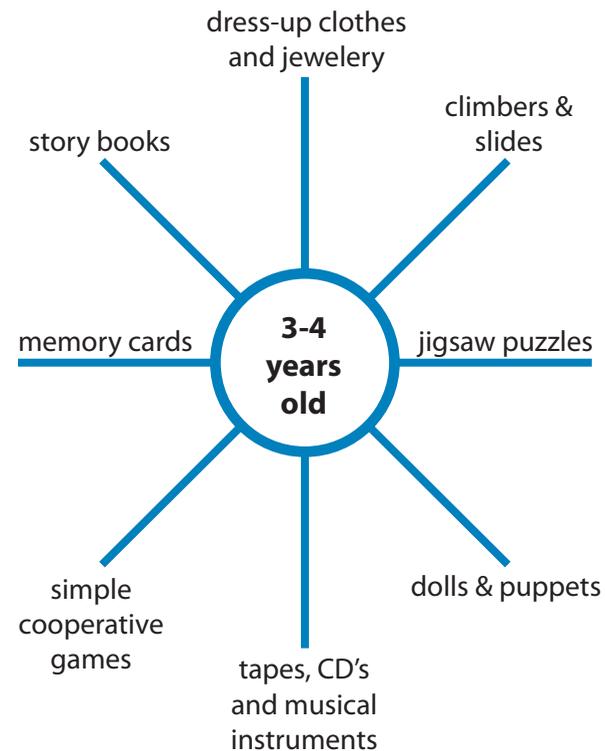
Hand and foot prints

Mix a little liquid soap into tempera paint; this will make the paint easier to wash off. Pour the mixture into a shallow tray and let your child dip his hands and/or feet into the paint. Then make prints of them on large pieces of paper. Keep a basin of soapy water and a towel nearby for quick clean up.



Rainy day chalk pictures

After a rainfall, take coloured chalk outside and allow your child to draw on your sidewalk. Colours are very bright and the chalk will wash off easily.



Why Play?

Play is a learning experience for children. Play is a universal and vital process for the healthy development of every child. Play is the child's work. It allows the child to explore the world in which he or she lives and grows.

Play programs give adults and children the chance to play together in a safe and stimulating environment. By being involved together, adults and children get interested in each other's activities and learn to communicate. Play nurtures sharing and growth.

Toys are the basic tools that children use to enrich their play and learning. There is no one "right" toy. Children need a variety of toys and play materials to match their developmental stage, their interests and their capabilities. They need toys for rainy days, for active play with friends outdoors, for sick days and holidays and toys to encourage sharing and cooperation. Think about your child's unique needs and interests when you choose his or her toys.

The "Why Play?" series of pamphlets suggests play activities for children in the following age groups:

0-6 months	2-3 years
6-12 months	3-4 years
1-2 years	4-5 years

Prices for bulk orders of these pamphlets, and for all other publications, may be obtained from FRP Canada



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Why Play?

3-4
years



Play Is...

- moving
- dancing and singing
- interacting with other children
- sharing
- organizing
- asking questions
- concentrating
- pretending
- playing simple games
- problem solving



Choose toys carefully, keeping in mind your child's stage of development.

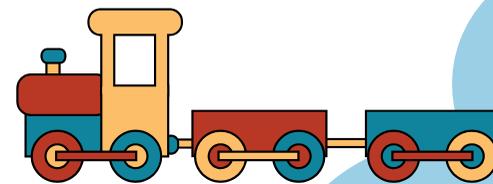


Three and four year olds like to make believe. Give your child empty food boxes and let him pretend he is shopping for groceries. With pots and pans, he can "cook"; with a small tea set, he can give a party for his dolls. His imagination, and a few dress-up

clothes, will let him pretend to be the people he admires. Puppets will encourage him to act out his favourite stories.

Use picture cards to play matching games with your child. You can also match shapes, colours and familiar objects, like socks. These games all encourage memory skills.

Toys that can be used by more than one person at a time encourage sharing and interaction among children of the same age. Some examples are building blocks, train sets, doll houses, toy garages and collections of small animals with a "barn" made out of a shoe box. You can also make a stove and fridge out of cardboard boxes to create a play kitchen.



Play simple games like "I spy" that hold your child's attention. Choose an object that you and your child can both see, then give clues so that your child can guess what you have chosen. Give your clues by saying, "I spy, with my little eye, something that is..." When your child guesses, it is her turn to choose an object and give you clues.

Play active games with your child. Pretend to be animals and walk like a cat, slither like a snake, jump like a frog. Your child may be ready to try pedalling a tricycle.



Your child will be able to compare things and notice the difference between big and little, thick and thin. She will also be able to sort things by shape, size and colour. Give her objects she can sort, such as buttons, stones, shells and beads. She may enjoy sorting them into the separate compartments of an egg carton.

Uses for Cardboard Boxes

- make a tunnel
- make a cave or a fort with old sheets and blankets
- make a puppet theatre
- make a doll house
- draw on a clown face, cut a hole for the mouth and throw balls or bean bags into it
- make a train by connecting several boxes: shoe boxes to put dolls in, bigger boxes for children to sit in

