



"THE POWER OF PLAY"

FAMILY FUN HOUR
HOME ACTIVITY GUIDE



KEEP
LEARNING
THROUGH
GAMES AND
ACTIVITIES

THE POWER OF PLAY

IN THE MORNING

1

Wake up in a silly way!

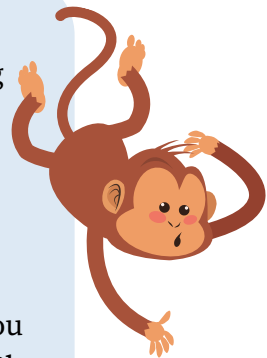
When your child wakes, try warming up those play muscles by moving like animals.

Can they hop out of bed like a monkey?

Can they flap down the hall like a bird with giant wings?

Add silly sounds, too!

Grown-ups, join in on these expressive and playful moments. When you join in, you show your child just how important and FUN it is to play. Play is great for YOUR health and wellbeing, too!



2

Play Pretend.

When kids pretend, they do some of their biggest and best learning. You might notice your child pretends to do what you do - cooking, getting ready for work, taking care of others. This is something to encourage. Try offering them some fun everyday items to use in their pretend - a bowl, a wooden spoon, a bag you aren't using. Ask questions to encourage them as they play: "What are you cooking? Ohhh, it smells delicious!"

If they invite you to join, follow their lead. When it comes to play - kids lead the way. You can ask: "May I play too? Who should I be? What do you want me to do?"



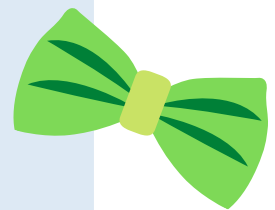
3

Learn some BIG, FANCY WORDS!

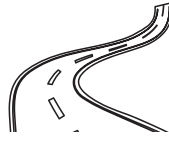
How about exploring some big fancy words all about PLAY? Try: PRETEND, INVENT, and VISUALIZE.

These are great words to use as you play.

For example, you might ask: "What could we INVENT using these materials?" When we invent something, we make something totally new! Can your child INVENT their own big, fancy words, too?



THE POWER OF PLAY



IN THE AFTERNOON

When you're waiting in line, grab something from your bag...



Have your child pretend it's something else. How many things can they think of? Try a pen, for example... a pen could be:

- A rocket ship blasting off
- A conductor's baton conducting an orchestra
- A magic wand that turns you into a frog

When kids play games like this, they build flexible thinking skills and figure out there is more than one way to do and look at things! This helps them solve problems and work together with others.

4

5

Play a Rainbow Race.

Get active by playing physical games, too! It's a great thing to do after school. Try a rainbow race! Can your child race to find something red, orange, yellow, green, blue, and purple? This game is fun with a friend on a virtual playdate, too!

Can your child invent their own fun physical game? Can they teach you to play too?



Explore the outdoors.

There is so much to play outdoors. Natural items like sticks, rocks and leaves can inspire hours of play. Your child might: build a nest using things they find outside, paint with water on the sidewalk, build a tiny home for an ant under a tree, splash in puddles, or mix up some mud. Hands-on play can sometimes get messy, but that's okay! Messes often mean your child is really engaged. You might just bring a towel on your outdoor adventures!


6

7

Create a loose parts play box.

Take an empty box and fill it with child-safe recycled items. Include things like - tape, tin foil, boxes, cartons, fabric, and more! There's no wrong way to use these "loose parts." That's what makes them GREAT! They inspire creative thinking. A paper towel roll could transform into a telescope, a microphone, or a pogo stick. The sky's the limit!





IN THE EVENING

8

Made a mistake during playtime?

Lots of mistakes can happen during playtime, like knocking over a tower of blocks. That's okay. Mistakes are a chance to make something new! When you make a mistake, try saying: "HOW INTERESTING!"

And remember:

*"When mistakes happen, there's something you can do...
You can pick up all the pieces and make something new!"*



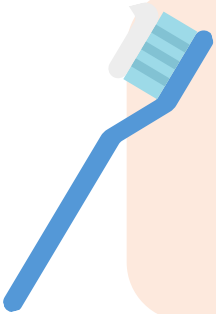
The Mistakes

♪ Song ♪

Mistakes are great
They help you grow
When you play, you just might make one
You never really know.
Your blocks might fall.
Your fort might flop.
You might make a great creation
And oops, it drops.

But... when that happens,
There's something you can sing:
Isn't that mistake so interesting!

And when that happens,
There's something you can do:
You can pick up all the pieces
And make something new!



Invent a fun bedtime game.

A little bit of play can make regular everyday things really exciting! When your child is brushing their teeth, pretend that they are the star of a show. You or your child could narrate everything that is happening just like a sports commentator to make it extra fun!

9

10

Visualize a story.

When kids play, they do lots of imagining. They picture new worlds and situations in their mind. They visualize! This is a skill that they'll use in school, too. Try building this super play skill at bedtime. How? Tell or read a story, without showing the pictures. Challenge your child to "imagine it." Ask them to describe what they see.

