

THE POWER OF PLAY



The LEGO Foundation

play every day



SPEAK YOUR CHILD'S LANGUAGE

Play is the natural language of childhood. It is the space in which children explore, discover, mimic and make sense of the world around them. In the wondrous early years, play helps a child's mind make important connections about things they see and observe and is the primary channel for learning.

With a few tips and lot of laughs, you can learn how to use this rich opportunity to help your child develop, while making joyful memories and strengthening your bond with your child.

Ready? Let's Play!

4 quick tips for becoming the 'World's-Best-Play-Partner' for your child

1. Loosen up. Be silly.
2. Become an obsessive play-spotter. Opportunities for play are all around you.
3. Get creative. You don't need a lot of toys or a lot of money to play.
4. Let your child lead. Enjoy following and listening to the magical things your child has to share.



Here's a simple quiz to test your play-readiness.

HOW MANY PLAY OPPORTUNITIES CAN YOU FIND IN THIS PICTURE?



HINTS:

1. Can the clothes be sorted by colour?
2. Is there a counting game hidden here?
3. Is there a 'dress-up-and-pretend' moment waiting to be explored?
4. Let's play detective. Can anyone find a teddy bear?
5. What starts with the letter 'S'? What else?
6. Who is the fastest garment folder of all time?
7. Solve the mystery: which clothes belong to whom?
8. Think of a character wearing these clothes. Where is the character going?

1-2-3, PLAY WITH ME

Who would have thought that your child can get better at early math while jumping and rollicking about? Try these simple games at home and see for yourself. Bonus: You get to jump along and enjoy a fun workout too.

CLAP. COUNT. JUMP.

Secretly pick a number from 1 to 10. Clap as many times. Ask your child to tell you the number and to jump as many times as you claps.

VARY YOUR PLAY

Try snapping your fingers, slapping your knees or making big circles with your hands instead of jumping. Think of more actions.

Change the pace. Go fast. Go slow. Go fast and slow at the same time if you can. (Just kidding).



BALANCE AND BUILD

Find as many empty shoe boxes, gift boxes or small, safe, empty boxes as you can. Find some empty space.

Balance a box each on your heads and walk to the other side of the room. Whoa! Keep that balance steady.

Place your box on the floor and build a 'tower'. The one who makes the tower with more boxes wins.

VARY YOUR PLAY

Count the floors in each tower. Add. Subtract. Count in 2s. Enjoy.

Walk in a curved line instead of a straight line. Furniture makes a wonderful obstacle to walk around.

Look for tall things around the room. Try to build a tower that's taller.



MATH AND TABLES

Play opportunities are everywhere. The dining table is a great place to find them. Ask your little one to count plates and spoons. Are they more or less than the people at the table?

Which glass has more water at the beginning of the meal and which glass has more at the end of the meal?

Which shapes can you see at the table? Can you re-arrange spoons to make a new shape? Can you see these shapes anywhere else in the room? Where else would you see these shapes – in a kite, on a flower, in the moon?

Bonus: A picky eater can often be motivated to eat by shapes, letting you address math and nutrition at the same time.



CRAFTY TIP!

Make number cards from 1 to 9. Let your child enjoy colouring them. You can invent a hundred ways to play with these cards.

For example, in Number Treasure Hunt you can take turns finding specific numbers of an object, like 5 socks or 2 potatoes.

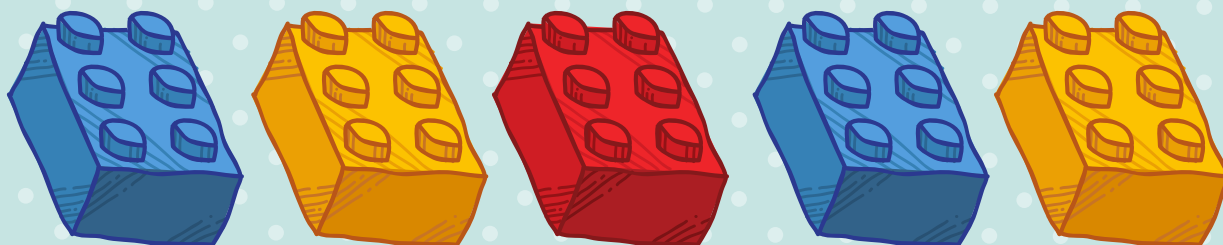
Or, assign an action to each number – 1 is Jump, 2 is Roll, 3 is Laugh and so on. Place the cards face down and have endless fun playing the game.

MUSICAL MATH

Sing along with friends from *Galli Galli Sim Sim* to the tune of 'Ten green bottles standing on the wall.'

Cover one block each time it falls to see how the numbers change.

5 little building blocks standing on wall,
5 little building blocks standing on wall,
If one building block should accidentally fall,
There'll be 4 little building blocks standing on the wall ...



WORD PLAY

The more words your child knows, the easier it is for him or her to read. So, play your way towards building a strong vocabulary.

BE MY TV

Your wish for a remote to control your child with just came true! Use your palm as a remote and let your child be the T.V. set. Pretend to press a button and pick an alphabet. For example, tell your child, "I press D". Let your child imagine and act like anything that starts with the letter 'D'.

Fair-play rule: Take turns being the remote and the T.V. set. Have fun.

VARY YOUR PLAY

Ask questions about whatever your child is enacting to set his/her imagination and speaking skills at work. What is this dinosaur doing? Why? Is someone chasing it?

Build and weave stories around your child's acts.

CRAFTY TIP!

Let your child draw and colour an image from the stories you have made together. Then put them up where you can revisit them often, adding new twists and turns every time. Your child will love you even more for these memories.



WORD SPY

In here or out there, words are hidden everywhere!

Spot an object and give your little spy three clues to guess what it is. For example, “It's very big. It is green and brown. Leaves and fruit grow on it.”

Fair-play rule: Take turns being the spy. Do not tell your child that the clues you have been given are strange. You're the adult, guess harder and play along.

VARY YOUR PLAY

Ask your little spy to find letters on text around the house. For example, “Can you spot the letter 'G' on a box, on a book or anywhere else?”

CRAFTY TIP!

Ask your child to join two, small, cardboard rolls with sticky tape or a string to make binoculars. Use them to play Word Spy or to spot new play opportunities.



WORD ATLAS

A wonderful vocabulary game that you can play anywhere. It is guaranteed to make long journeys less boring for a child. Say a word and ask your child to think of a word with the last letter of the word you have shared. Then it's your turn to keep the word chain going. For example, RAT – TOMATO – OWL – LAMP.

VARY YOUR PLAY

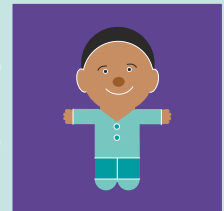
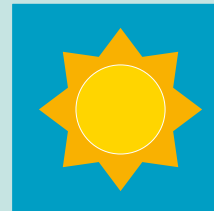
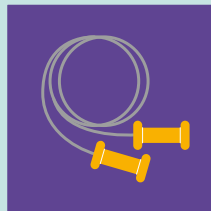
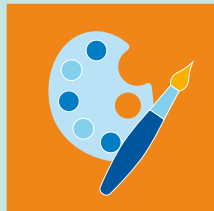
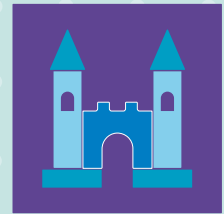
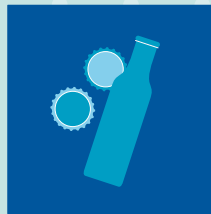
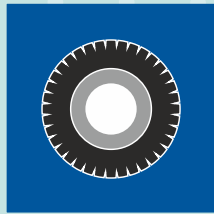
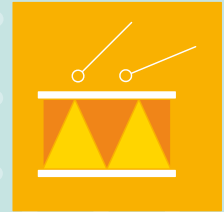
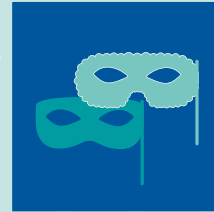
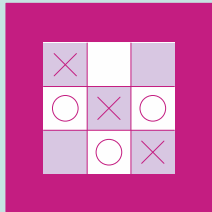
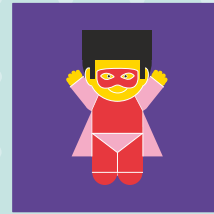
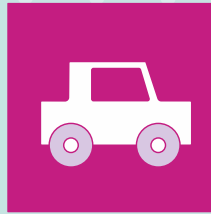
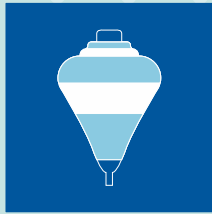
Change the game to names of people, names of places, names of animals and keep playing.

For an older child, switch to a rhyming version of the game or try changing only one letter in the word.



STORY BUILDER

Can you connect any 3 pictures to make a story? Keep connecting and keep imagining.



RESPONSIBLE ME

Talk to your child about people in the neighbourhood. How do they help each other? What are the different professions and roles? What would your child like to be for a day?

Gather any material you can find – newspapers, duppatas, boxes, whatever is handy – and construct a costume for your responsible, little citizen. Enjoy the role play.

VARY YOUR PLAY

Extend your play by asking your child, “Who do you want to be today?”. Guide your child to understand how each person contributes to the community.

Through the role-play, talk about what training each of these people need and what their workdays might look like.

On a special day, take your child to meet a 'real person' doctor, banker, bus conductor or fireman. Let your child compare the role play to what these people do at work.



IMAGINE • BUILD • ASPIRE



1. Roll a pebble on the game.
2. Look at the colour of the circle.
3. Follow the instructions mentioned in the same coloured box below.
4. If you land on a grey circle have fun climbing up or sliding down.

Imagine: Encourage your child to find the objects drawn in the circle and create stories using them.

Build: Encourage your child to find the objects drawn in the circle and build structures with them.

Aspire: Encourage your child to find the objects drawn in the circle and do a role play with them.

GROW UP WITH GOOD HABITS

Play is more than just fun. It can help your child understand values that are important to you and learn ways to put these into practice.

HAPPY NEIGHBOURHOOD

Talk with your child about all the things that make a neighbourhood a happy place to live in.

Find material around the house, like a dupatta, boxes, an old calendar, empty plastic containers and bottle caps.

Use this material to build your happy neighbourhood.

CRAFTY TIP!

You can glue down a little 'neighbourhood' onto cardboard or chart-paper. Revisit it for extended play. Spend vacations or rainy days adding new elements like a post-box, traffic lights and other things your child and you think of together. This is a neighbourhood that keeps improving. Talk to your child about the elements that he or she has added. Why are they important? How do these things help people?





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