

### Applied Early Childhood Development *Activity 3*

#### Children's play and learning: Understanding and applying types of play in Early Years settings

Objective: To identify different types of play and explain how they support children's learning and development across age ranges (0–8 years). Below are five scenarios, each related to a specific type of play. For each one:

- Identify the type of play being described
- Explain what skills or areas of development the child is learning or practicing
- Suggest one way an adult could extend or support the learning opportunity

Scenarios:

1. A group of toddlers are running, jumping, and climbing outdoors, using large equipment like slides and balance beams.
2. A preschool child is pretending to be a shopkeeper, using empty food boxes and a toy till, while another child pretends to be a customer.
3. A baby is exploring a basket filled with textured objects, such as soft fabric, shiny foil, wooden spoons, and rubber balls.
4. A child is painting at an easel, mixing colours and creating shapes freely, while another child uses glue and paper to make a collage.
5. A group of children are building a tower using blocks, working together to make it as tall as possible without it falling.

Further resources can be found below:

Constructive play: what and how: <https://www.family.co/blog/encouraging-constructive-play>

Benefits of Physical Play for Children: <https://playworld.com/blog/benefits-of-physical-play/?lang=can>

Imaginative Play Benefits for Kids: <https://therapyfocus.org.au/on-the-blog/the-benefits-of-imaginative-play/>

What is sensory play and why is it important?:

<https://www.actionforchildren.org.uk/blog/what-is-sensory-play-and-why-is-it-important/>

Structural Learning | What is Creative Play: <https://www.structural-learning.com/post/creative-play>