

## To help me to get ready to read and write at school,

I need to strengthen my muscles, situate myself in space and develop my balance and coordination. This will allow me to sit well at my desk, hold my pencil properly and stay between the lines when I'm writing.

I do this by **PLAYING** tag, hide-and-seek, hopscotch, throwing and catching a ball, sliding, running, and jumping...

## To help me get ready to do math at school,

I need to manipulate objects, count, order, measure, associate, classify, group and sort.

I do this by **PLAYING** with buttons, shoes, small cars and sorting towels...

## References

### Caring for kids

[www.caringforkids.cps.ca/handouts/physical\\_activity](http://www.caringforkids.cps.ca/handouts/physical_activity)

### Active for life

[activeforlife.com/activities/](http://activeforlife.com/activities/)

### Have a ball together

[haveaballtogether.ca/activities/](http://haveaballtogether.ca/activities/)

### Healthy Kids Healthy Future

[healthykidshealthyfuture.org/5-healthy-goals/get-kids-moving/](http://healthykidshealthyfuture.org/5-healthy-goals/get-kids-moving/)

### The Measured Mom

[themeasuredmom.com/indoor-gross-motor-activities](http://themeasuredmom.com/indoor-gross-motor-activities)

### Manitoba Parent Zone

[manitobaparentzone.ca/parent-or-caregiver/toddlers/recreation/physical-activity.html](http://manitobaparentzone.ca/parent-or-caregiver/toddlers/recreation/physical-activity.html)



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# When I play I learn ...and that's the best way to prepare for School

Play enriches a child's overall growth: it provides the foundation for the intellectual, social, physical and emotional skills needed to succeed in school and in life; it opens the door to learning. (Conseil canadien sur l'apprentissage, 2006, p.2)

Play is such an important part of healthy child development that the United Nations has made it one of the rights of the child.



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# When I play hide-and-seek, I learn to:

## Physical and Motor Development

- Situate myself in my environment
- Move around

## Social and Emotional Development

- Wait my turn
- Trust others
- Follow rules
- Create connections
- Play with others

## Language Development

- Understand the rules of the game
- Count aloud

## Cognitive Development

- Develop my concentration and my memory
- Count
- Develop spatial concepts
- Develop my sense of observation

# When I role-play, I learn to:

## Physical and Motor Development

- Handle objects
- Get dressed

## Social and Emotional Development

- Manage conflicts
- Recognize and manage my emotions
- Share

## Language Development

- Communicate with my friends
- Make requests
- Listen to the needs of others
- Pretend to read and write

## Cognitive Development

- Develop my creativity and imagination
- Solve problems
- Make educated guesses

