HELPING PRESCHOOLERS SELECT PLAY ACTIVITIES

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It is no longer possible to neglect the significance of play in the growth of preschool children. As a result, incorporating a range of play games in the pre-school curriculum is a good choice.

It is important to provide ample space for children to play both outside and indoors. This environment can accommodate the entire spectrum of developmental play for infants, including social and cognitive play.

The type of devices and materials available to children has a huge effect on their games. The richer the play area is, the better it is for the children. The types of games, as well as the standard of play equipment and supplies, must be acceptable for the developmental stage of preschoolers. Choose a game that needs little group interaction and has little rules to obey, for example. The play equipment and resources must also facilitate freedom, discovery, group play, and social experiences.

The following are the different types of play we can initiate to children during the learning process:

a. Dramatization and Simulation Play. This kind of play wherein the preschoolers will act out a given situation, dress up according to the scenario and try different roles and express their own emotions.

b. Messy Play. All preschoolers really like to explore new things. Their curiosity makes them to do something even they have to be messy. They wanted to play paints,
water, sand, soil and get dirt. This type of play is a great opportunity for them to outlet their emotions and helps them develop their senses like the sense of touch and smell. They enjoy discovering different kinds of textures, colors and smells.

c. Physical Play. Children are very fond of showing their physical abilities. They like to jump, run, climb, kick and dance. It helps them to become physically fit since moving back and forth is just like a form of exercise to them.

d. Singing, Puzzling and Guessing Games. This kind of play make our preschool children to develop critical thinking and improve their language and vocabulary. By means of singing, they can express their emotions, and practice their speaking skills. Guessing and puzzle games can trigger their cognitive skills.

e. Sorting Games. Activities that includes building and sorting blocks, buttons and pegs helps them to develop their arithmetic and numeracy skills. Counting little objects will make them master the numbers. Be sure that you will pay extra attention while playing to avoid choking.

There are more other types of play depending on the abilities of a child. It is important that we must give our children time for pleasure while they are learning at the same time.

References:

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