

# Teaching and Learning

## Learning through play



Play is one of the main ways in which children learn and develop. It helps to build self-worth by giving a child a sense of his or her own abilities and to feel good about themselves. Because it's fun, children often become very absorbed in what they are doing, and learning takes place.

It is important to establish what stage of development your children's play is at for you to be able to support their learning appropriately.

### **Task**

Watch the video to see what the six stages of play might look like.

<https://youtu.be/NHmyNVoE63c>

Complete an observation in your setting to identify what stage some of your children are at. What did you see? How did you come to this conclusion? How does this link to the EYFS?

Reflect -

Do you create play opportunities in your environment that allows children to explore these stages of play?

Do you give time and space for children to play alone?

Do you support and play alongside children and encourage and celebrate children to watch others?

Do you respond to children's needs to supply enough resources for parallel and solitary play?

Do you dedicate time to accompany children's play? Do you know when to step in and when to step back?

Do you encourage children to collaborate in their play together? How do you do this?

Did you take into consideration the age of the child and the development norm you might expect to see?