

# play anytime, anywhere

**Play is...**building relationships and connections between children of all ages and the adults in their lives. It is essential for emotional, intellectual, social and developmental growth. Play helps build skills that will be used throughout the child's lifetime.

## Ways to play with children:

- Provide time for spontaneous free play both indoors and out.
- Provide a variety of materials for different kinds of play - blocks and construction toys, mud, water, clay, paint, dress-up clothes, balls, hoops, natural items, etc.
- Consider opportunities for challenge and risk-taking in play.
- Follow the child's lead.
- Participate by taking a ride down the slide, or joining in make believe play.
- Value messy play, rough-and-tumble play and nonsense play.
- Take an interest in their play; ask questions, offer suggestions, and play when invited.

*Refer to: Source Canadian Council on Learning - Let the Children Play: Nature's Answer to Early Learning*

## Share go play posters and resources via [www.ecdss.ca/goplay.php](http://www.ecdss.ca/goplay.php)

Through the distribution of these play messages families, communities and decision makers can promote and be guided by the following outcomes: play is valued, all children have opportunities to play; and every adult has the responsibility to engage playfully with children.



Go Play is a project of the Aligning Early Learning and Care Initiative (AELC) who is committed to working cooperatively with community partners to ensure that quality early childhood services are coordinated to support parents and to working together to enrich children's lives, and help them attain their full potential. AELC brings together agencies, funders and key stakeholders working with children and families.

# EARLY CHILDHOOD PLAY RESOURCES



## ACTIVITY RESOURCES

<b>Healthy U: Top 40 Ways to Activate Kids and Parents</b> <a href="http://www.healthyalberta.com/633.htm">http://www.healthyalberta.com/633.htm</a>
<b>Preschooler Activity Calendar</b> <a href="http://www.successby6edmonton.info/storage/Preschooler%20Activity%20Calendar.pdf">http://www.successby6edmonton.info/storage/Preschooler%20Activity%20Calendar.pdf</a>
<b>Be Fit for Life: Move &amp; Play Through Physical Literacy</b> <a href="http://www.provincialfitnessunit.ca/media/uploads/activestart.pdf">http://www.provincialfitnessunit.ca/media/uploads/activestart.pdf</a>
<b>Canadian Sport for Life: Encouraging Different Types of Play</b> <a href="http://canadiansportforlife.ca/active-start/encouraging-different-types-play">http://canadiansportforlife.ca/active-start/encouraging-different-types-play</a>
<b>Best Start: Resources for Physical Activity and the Early Years</b> <a href="http://www.beststart.org/resources/physical_activity/have_a_ball_2013/Resources_2013_English.pdf">http://www.beststart.org/resources/physical_activity/have_a_ball_2013/Resources_2013_English.pdf</a>
<b>Best Start: Great Ideas for Great Balls of Fun!</b> <a href="http://www.beststart.org/resources/physical_activity/have_a_ball_2013/Great%20Ideas_English_2013.pdf">http://www.beststart.org/resources/physical_activity/have_a_ball_2013/Great%20Ideas_English_2013.pdf</a>
<b>Mount Royal University: Hop, Skip, Jump Enhancing Physical Literacy</b> <a href="http://www.mtroyal.ca/cs/groups/public/documents/pdf/hop_skip_and_jump_completed_pd.pdf">http://www.mtroyal.ca/cs/groups/public/documents/pdf/hop_skip_and_jump_completed_pd.pdf</a>
<b>Alberta National Child Day Play Tool-Kit</b> <a href="http://www.nationalchildday.ca/data/documents/NCD_tool_kit_FINAL.pdf">http://www.nationalchildday.ca/data/documents/NCD_tool_kit_FINAL.pdf</a>
<b>Community Playthings: Outdoor Projects and Activities</b> <a href="http://www.communityplaythings.com/resources/topics/projects-and-activities">http://www.communityplaythings.com/resources/topics/projects-and-activities</a>
<b>Learning4kids: Online Resource of Activity and Play Ideas for Parents &amp; Educators</b> <a href="http://www.learning4kids.net/">http://www.learning4kids.net/</a>
<b>Happy House: 11 Way to Boost the Playability of your Entire House</b> <a href="http://blog.aaastateofplay.com/2014/12/happy-house-11-ways-to-boost.html">http://blog.aaastateofplay.com/2014/12/happy-house-11-ways-to-boost.html</a>
<b>How to Swap Screen Time for Active Play: The Early Years</b> <a href="http://www.participaction.com/wp-content/uploads/2013/10/TAKE-ACTION-tips-for-early-years.pdf">http://www.participaction.com/wp-content/uploads/2013/10/TAKE-ACTION-tips-for-early-years.pdf</a>

## READING RESOURCES

<p><b>Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul by Stuart Brown</b> <a href="http://www.amazon.ca/Play-Shapes-Brain-Imagination-Invigorates/dp/1583333789/ref=sr_1_1?ie=UTF8&amp;qid=1421854553&amp;sr=8-1&amp;keywords=play+stuart+brown">http://www.amazon.ca/Play-Shapes-Brain-Imagination-Invigorates/dp/1583333789/ref=sr_1_1?ie=UTF8&amp;qid=1421854553&amp;sr=8-1&amp;keywords=play+stuart+brown</a></p>
<p><b>Spotlight on Young Children: Exploring Play</b> <a href="http://www.naeyc.org/store/Spotlight-on-Young-Children-Exploring-Play">http://www.naeyc.org/store/Spotlight-on-Young-Children-Exploring-Play</a></p>
<p><b>Playborhood: Turn your Neighborhood into a Place for Play by Mike Lanza</b> <a href="http://playborhood.com/">http://playborhood.com/</a></p>
<p><b>Play, Participation &amp; Possibilities An Early Learning &amp; Child Care Curriculum Framework for Alberta</b> <a href="http://childcareframework.com/">http://childcareframework.com/</a></p>
<p><b>Alberta Home Visitation Network Association (AHVNA): Connections Publication on the Importance of Play</b> <a href="https://www.ahvna.org/tiny_uploads/forms/AHVNA_VOL7_Issue_2_WR.pdf">https://www.ahvna.org/tiny_uploads/forms/AHVNA_VOL7_Issue_2_WR.pdf</a></p>
<p><b>Play Specialist Jane Hewes Talks to Parents about the Characteristics of Free Play</b> <a href="http://galileonetwork.ca/earlylearning/?q=content/jane-hewes">http://galileonetwork.ca/earlylearning/?q=content/jane-hewes</a></p>
<p><b>Today's Parent: Learning to Play Alone Article</b> <a href="http://www.todaysparent.com/toddler/toddler-development/learning-to-play-alone/">http://www.todaysparent.com/toddler/toddler-development/learning-to-play-alone/</a></p>
<p><b>Why Play = Learning</b> <a href="http://www.child-encyclopedia.com/play/according-experts/why-play-learning">http://www.child-encyclopedia.com/play/according-experts/why-play-learning</a></p>
<p><b>NAEYC: Play and Children's Learning</b> <a href="http://www.naeyc.org/play">http://www.naeyc.org/play</a></p>
<p><b>Best Start: What the Research Says about Physical Activity</b> <a href="http://www.beststart.org/resources/physical_activity/have_a_ball_2013/Research_Says_2013_English.pdf">http://www.beststart.org/resources/physical_activity/have_a_ball_2013/Research_Says_2013_English.pdf</a></p>
<p><b>Alberta Centre for Active Living: Physical Activity &amp; Child Care Accreditation Standards</b> <a href="http://www.centre4activeliving.ca/media/filer_public/f0/d8/f0d80cb2-ce8e-4532-ab38-b152a2cff03a/2014-childcare-infographic-letter.pdf">http://www.centre4activeliving.ca/media/filer_public/f0/d8/f0d80cb2-ce8e-4532-ab38-b152a2cff03a/2014-childcare-infographic-letter.pdf</a></p>
<p><b>Canadian Council on Learning: Let the Children Play Nature's Answer to Early Learning</b> <a href="http://www.ccl-cca.ca/pdfs/LessonsInLearning/Nov-08-06-Let-the-Children-Play.pdf">http://www.ccl-cca.ca/pdfs/LessonsInLearning/Nov-08-06-Let-the-Children-Play.pdf</a></p>
<p><b>Canadian Child Care Federation: Supporting Children to Learn Through Play</b> <a href="http://www.cccf-fcsge.ca/wp-content/uploads/RS_77-e.pdf">http://www.cccf-fcsge.ca/wp-content/uploads/RS_77-e.pdf</a></p>
<p><b>Canadian Child Care Federation: I Have the Right To Play!</b> <a href="http://www.cccf-fcsge.ca/wp-content/uploads/RS_78-e.pdf">http://www.cccf-fcsge.ca/wp-content/uploads/RS_78-e.pdf</a></p>
<p><b>Canadian Child Care Federation: The Value of Play for Young Children</b> <a href="http://www.cccf-fcsge.ca/wp-content/uploads/RS_103-e.pdf">http://www.cccf-fcsge.ca/wp-content/uploads/RS_103-e.pdf</a></p>
<p><b>Community Playthings: The Role of Play in Learning</b> <a href="http://www.communityplaythings.com/resources/topics/role-of-play-in-learning">http://www.communityplaythings.com/resources/topics/role-of-play-in-learning</a></p>
<p><b>Project Wild Thing: A Movement to Get Kids and Grown-ups Playing Outside</b> <a href="http://projectwildthing.com/">http://projectwildthing.com/</a></p>

*At the time of printing, these web sites were current. Please note that it is important to check them before recommending them.*