



Family Literacy Week

Let's Connect! Care • Play • Listen

Preschoolers (3-5 years old)

Play outside or inside!

Playing together creates a natural connection between adults and children. It builds imagination, creativity and curiosity. Playing helps children develop skills in listening, cooperation and self-control. And, playing together is fun!

Ideas for inside play:

- Play board games and do puzzles. Have fun and learn about counting, colours, letters and patterns.
- Build a fort with blankets and cushions. Take a flashlight, grab some books and go on an inside adventure!
- Play dress up with costumes or old clothes.



Other ideas to try:

- Let children lead to develop their confidence and self-esteem.
- Build strong communication skills by talking while you play.
- Help children learn their physical boundaries and develop large muscle skills by climbing, running and jumping.

Playing games like these regularly builds confidence and trust. And, it is fun!

“Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood.”

– Fred Rogers, aka Mr. Rogers