



### POWER OF PLAY® ACTIVITY GUIDE



#### Primary Development Areas Addressed:

- Sensory-Motor Development
- Social-Emotional Development

#### Number of Children

1   2-3   3-5   5-10

       

#### Rationale:

Many infants and toddlers thrive in a small, secure space where they are free to explore and move about, while still near others.

#### Environmental Set-up:

In a busy setting, the *Toddler Hollow* provides a “special area” for quiet play and exploration.

- The first time the child is in the hollow, it is important for the adult to sit near the outside of the hollow, keeping in close contact with the child
- Place the *Toddler Hollow* in a space that is quiet yet in view of other activities in the room
- Place 2 or 3 favorite toys on the rim of the *Toddler Hollow*

#### Objectives:

Provide a safe enclosed environment in order to:

- Improve coordination in creeping and pulling self to kneel-standing and standing
- Experience small muscle use in manipulating small objects
- Increase development of trust in gravity and one’s capacity to move through space

#### Activity Overview:

Encourage the child to explore the area within the hollow. Show the rim of the hollow to the child and the toys/objects placed on the rim. Draw the child’s attention to the different objects and demonstrate how to move one of the objects around the rim, encouraging the child to also move the object.

#### Guiding Questions:

Look at this little bus! How can it move around the circle?

#### Implications for Brain Development:

During this age range, there is an explosion of sensory-motor development that results in brain growth essential for higher learning. Sensory-motor exploration is powerful “food” for brain growth and maturation. The *Toddler Hollow* provides a safe and secure environment for multiple experiences of sensory-motor exploration. Basic sensory and motor information being coordinated in the brain helps to direct purposeful movement through the world and helps the child begin to understand how parts of the body and the world work together.

#### Developmental Learning Outcomes:

##### *Sensory-Motor Development:*

- Improved control in rising and lowering self while holding on to rim
- Integration of left and right body awareness in motor coordination
- Improved postural trunk control through creeping, pulling to kneel-standing, standing & cruising.
- Development of visual perception based on integration of vision with body awareness

##### *Cognitive Development:*

- Beginning development of understanding of relationship between self and environment (toys & walls of hollow)

##### *Language Development:*

- Expanded receptive/internal language of spatial concepts (e.g. up, down, around)

##### *Social/Emotional Development:*

- Enhanced sense of security through experiencing play in a small, safe space
- Enhanced competence and security in gaining postural control over gravity

#### Activity Variation:

This age child has achieved greater coordination in sitting which allows for free manipulation of objects. Provision of manipulative toys while sitting in the enclosed safe space of the *Toddler Hollow* provides opportunities for fine motor development.

#### Resources:

DK Preschool (August 18, 2008). *Wheels on the Bus*. (Children’s Literature).