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playsheets for parents



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Developed by the Cultural Development Service Unit,
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Early Development Census.



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Air Play

It can be difficult to explain what air is to children. This simple activity allows them to feel it and see its effect when placing a feather or tissue paper over the empty (air filled!) sauce squeeze bottle.

You can puff the air onto baby's arms and legs too!



Play Dough Recipe

There are lots of great play dough recipes around, but we really love making this one at **It's all about Play**.

You will need:

- 1 cup salt
- 2 cups plain flour
- 2 tablespoons cooking oil
- 3 teaspoons cream of tartar
- 2 cups of boiling water
- food colouring

Mix all of the dry ingredients. Add oil and water. Allow to cool until just warm, then knead on a floured board for a short time.

Colour with food colouring. Store in an airtight container in the fridge.










Letter Recognition and Play Dough

Play dough provides endless hours of fun for children of all ages. By adding these letters to your play dough, your child will learn letter recognition, and with a bit of help, may start to spell simple words.



Discovery Box Ocean

The discovery boxes are a big favourite at **It's All About Play**. You can create your own at home, or make up your very own version.

-  Pipe-cleaners for coral
-  Brightly coloured microfibre cleaning sponges/cloths cut into organic shapes for sea anemones
-  Blue and green metallic paper
-  Small sea creature toys – our assortment included seals, fish, sharks, whales and octopuses
-  Silver florists' paper (to create different textures and sounds)
-  Tissue and crepe paper in different shades of blue
-  Pom poms and shells

Glue the metallic paper and some of the microfibre sponge to the base of the tub to create the ocean floor. Cut the paper into chips and add to the container when the floor is dry. Add the creatures to the tub and away you go! The different textures of paper actually sound like the ocean when you pop your hands in.



Discovery Box Farm

The discovery boxes are a big favourite at **It's All About Play**. You can create your own at home, or make up your very own version.



Metallic blue paper



Fabric cut into puddle shapes for water



Corks for fencing



Assorted plastic farm animal toys



Materials for 'feeding the animals'



Artificial turf



Sandpaper

Cut the artificial turf, sandpaper and metallic paper into shapes to create each enclosure and then used to the corks to make fences between them. Small tubs can be used with blue fabric for water and raffia for food. Children could sort the animals into their correct enclosures and provide them food and water.



Discovery Box Bugs

The discovery boxes are a big favourite at **It's All About Play**. You can create your own at home, or make up your very own version.



Shredded green paper (copy paper, tissue paper, cellophane)



Assorted plastic bugs and geckos



Small kitchen tongs



Magnifying glasses



Small containers for collecting and sorting

Fill the tub with shredded green paper and hide the bugs. Children use tongs and a magnifying glass to find bugs and geckos hiding in the grass.



Pop Sticks and Velcro Dots

This activity automatically lends itself to discussing colours, shapes and 'what can we make?' Handy to keep in your bag as well so can be pulled out at any time!



Colander and Pipe Cleaners

A great way to keep your little one amused! The pipe cleaners fit easily into the larger holes of the colander, and require a little more patience when fitting them into the smaller ones.

It is amazing what the children can create and can prompt some very interesting discussions as their imaginations run wild!



Wax Crayon Etchings

This is a great activity for preschoolers who love to draw! Use a waxy paper plate and scribble on lots of wax crayon.

Then all you need to use is a wooden skewer (snap off the pointy end) to use as your pen and draw your picture.



Bottles

The list is endless on what you can pop into a plastic bottle and provide hours of fun with!

This is water, oil, alka seltzer
and food colouring.



Beach in
a bottle

A selection of colours using buttons, feathers,
coloured pasta, toys and animals.



Cardboard Box Fun

We all know how much fun cardboard boxes can be! From cubby houses to tunnels to making your own car!

Something as simple as being inside the box and letting him loose with the crayons can create hours of enjoyment.



Magnetic Sand

The kinetic sand at **It's all about Play** is one of our most popular discovery stations. You can create your own special sand box at home though too!



Plastic container with a thin layer of sand



Objects in the sand which will move with a magnet – paper clips, jar lids, magnetic letters etc.



A large hand held magnet

Balance the container across two chairs, leaving room for your child to place the magnet under the container to move a magnetic object through the sand.







<http://carrotsareorange.com/diy-magnet-sand-box/>



Homemade Kinetic Sand

There is no doubt that the Kinetic sand at **It's all about Play** is amazing! This homemade version is not quite as good as the bought version, and it is a bit messier. Nevertheless it is still a great deal of fun and the children will definitely enjoy making it.

You will need:

-  5 cups of extra fine play sand (available from Bunnings)
-  2 ½ cups of cornflour
-  1 cup of Water
-  food colouring



Pom Pom Fun

The pom pom drop at **It's all about Play** is one our favourite home-made toys, but there are many ways to have fun with pom poms.

Pom poms are ideal for all ages! They are great for counting, matching colours and poking into small holes. They are also light enough to blow across the table with a straw or throw at each other without injury!



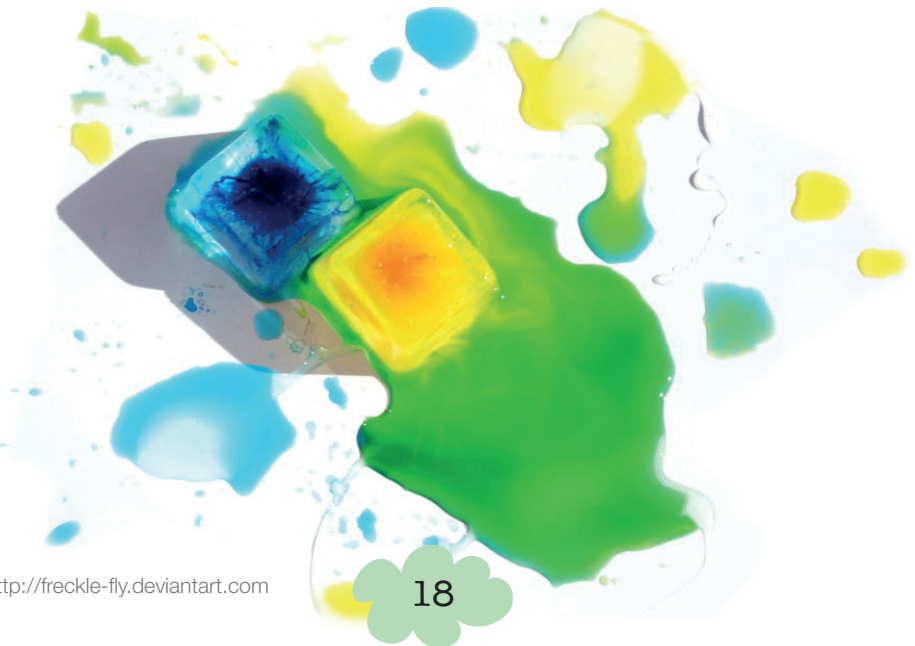
Pom Pom Drop

We love our pom pom drop at **It's all about Play**, and so do the children! You can create this at home using a large piece of cardboard, painted tubes (Pringles containers are ideal!) and some pom poms and small tongs. A great way to practice colours and counting.



Ice Cubes

Using food colouring, you can create lots of coloured ice cubes and watch them melt and merge into each other. Add some objects into the cubes such as small dinosaurs or farm animals.



Yoghurt Fingerprint

Use plain yoghurt and food-colouring to create non-toxic finger paint. A large smooth surface is best for exploring colour-mixing, patterns, writing and drawing with the paint, and it is easier to clean. A high chair is ideal for the littlies!

You can also try using natural products to colour the yoghurt, such as raspberries or turmeric.

What does it feel like?

What can you make?

What happens when you mix the colours?



Sticky Contact Play

We love sticky play! It can provide endless fun for children of all ages.



Simply stick some clear contact to the floor with the sticky side up and watch babies touch and experiment with it.

For older children, attach the contact to a board and allow them to place items on it and create their own collage.

This is just a piece of contact stuck to the window with tape, with the sticky side showing. You can have all sorts of materials to stick – leaves, fabrics, straws, pom poms – the list is endless!



Paper Bag Puppets

All you need is a brown paper bag, and then let your child's imagination run wild. If you provide pencils, crayons, textas and some cut up wool and glue, a creation will not be far away!



Car Tracks

All you need to create your very own racing track is lots of masking tape and some cars.



You can get your child to help set up the course or surprise them and have it ready to go when they wake up from a nap!

An Endless Surprise

This is a great way to make use of all those empty wipes containers. Simply tie many pieces of fabric together and watch the surprise as your little one keeps on pulling!



There can be some lovely conversations surrounding the colours and patterns and textures of the fabric you use.

Streamers and Ribbons

Streamers and ribbons attached to shower rings or cardboard, wooden or plastic tubes are ideal for children to make themselves and provide endless play opportunities.

Add some music and you have the making of your own little band!



Threaded Ribbons



This simple activity is easy to make using empty coffee, cocoa or powdered milk containers. Choose brightly coloured contact and some ribbons and thread the ribbons through some holes.

It is an ideal fine motor activity and babies and toddlers will get hours of enjoyment.

It is also quite soothing, and even older children and adults enjoy it!

Exploring the Sounds of Glass

Collect some glass jars of different sizes, or glasses from your kitchen cupboard and allow your pre-schooler to fill them up with water.



Let your child experiment with the different sounds the glasses make by changing the amount of water in each glass, or using different sized glasses.



What happens if you add more water?

What does it sound like?

What is the difference in the pitch?

Keeping Active – Infants (birth to 1 year)

Before infants begin to crawl their physical activity includes reaching, grasping, pulling and pushing, moving their head and body and limbs, and supervised floor play – including tummy time.



Recommendation:

For healthy development in infants, physical activity (particularly supervised floor-based activities) should be encouraged from birth.

- Encourage reaching and grasping by placing toys just out of reach
- Play push and pull games with toys and balls
- Play music to encourage playful movements
- Encourage movement and play during bath time

Keeping Active – Toddlers (1–3 years)

Make the most of every opportunity throughout the day to be active. Physical activity can be accumulated throughout the day, and can include light activities such as standing up, moving around and playing.



Recommendation:

Toddlers should be physically active every day for at least three hours, spread throughout the day.

- Play with different sized balls
- Twirl and run with streamers
- Play with balloons – punch, kick or throw to keep them off the ground
- Dance to some music

Keeping Active – Pre-schoolers (3–5 years)

Make the most of every opportunity throughout the day to be active. Choose 'active' toys that will encourage movement and help develop skills like running, kicking, throwing and catching.



Recommendation:

Pre-schoolers should be physically active every day for at least three hours, spread throughout the day.

- Pretend to move like animals
- Play 'Hide and Seek' and 'Follow the Leader'
- Play dress ups and act out different roles
- Blow bubbles and chase them

Rhyme Time

If You're Happy And You Know It

If you're happy and you know it
clap your hands!

If you're happy and you know it
clap your hands!

If you're happy and you know it
then you really ought to show it.

If you're happy and you know it
clap your hands!

Twinkle Twinkle

Twinkle twinkle little star,
How I wonder what you are.

Up above the world so high,
Like a diamond in the sky.

Twinkle twinkle little star,
How I wonder what you are.

The Wheels On The Bus

The wheels on the bus
go round and round.

Round and round.
Round and round.

The wheels on the bus
go round and round.

All day long!

Other actions..

*Wipers go swish swish swish
Horn goes beep beep beep
People go bump bump bump
Babies go wah wah wah
Mummies go sh sh shh*

Open Shut Them

Open, shut them
Open, shut them
Give a little clap!

Open, shut them
Open, shut them
Lay them in your lap.

Creep them, creep them.
Creep them, creep them.
Right up to your chin.

Open wide your little mouth,
but do not let them in!

Round And Round The Garden

A tickling rhyme

Round and round the garden
like a teddy bear.

One step...
Two steps...

Tickle you under there!



Five Fat Sausages

Five fat sausages
frying in a pan
Sizzle sizzle sizzle
One went BANG!

*Four fat sausages...
Three fat sausages...
Two fat sausages...
One fat sausage...*

Zoom Zoom Zoom

Zoom zoom zoom,
we're going to the moon.

Zoom zoom zoom,
we're going very soon.

If you want to take a trip
climb aboard my rocket ship.

Zoom zoom zoom,
we're going to the moon.

5 4 3 2 1
BLAST OFF!

Giddy Up

A bouncing rhyme

Giddy up, giddy up
Giddy up horsie!

Giddy up, giddy up
Go go go!

Giddy up, giddy up
Giddy up horsie!

Giddy up, giddy up
Whoa whoa whoa!

Humpty Dumpty

Humpty Dumpty
sat on a wall.

Humpty Dumpty
had a great fall!

All the King's horses
and all the King's men,

Couldn't put Humpty
together again.

Baa Baa Black Sheep

Baa, baa, black sheep
have you any wool?

Yes sir, yes sir three bags full.

One for the master.
and one for the dame.

And one for the little boy
who lives down the lane.

Incey Wincey

Incey Wincey Spider
climbed up the water spout.

Down came the rain
and washed the spider out!

Out came the sunshine
and dried up all the rain.

So Incey Wincey Spider
climbed up the spout again.

Pop Goes the Weasel

Round and round
the mulberry bush

The monkey chased
the weasel.

The monkey thought
t'was all in fun.

POP!
goes the weasel!

I Hear Thunder

I hear thunder
I hear thunder!

Hark don't you?
Hark don't you?

Pitter patter raindrops
Pitter patter raindrops.

I'm wet through,
so are you!

Rhyme Time

The Moon

The moon is as round
as round can be.

Trace around baby's face

Two eyes, a mouth
and a nose like me!

Gently touch eyes, mouth, nose

Wibbleton to Wobbleton

A bouncing rhyme

From Wibbleton to Wobbleton
is fifteen miles.

From Wobbleton to Wibbleton
is fifteen miles.

From Wibbleton to Wobbleton,

From Wobbleton to Wibbleton,

From Wibbleton to Wobbleton
is fifteen miles!

Row Row Row Your Boat

Row, row, row your boat
gently down the stream.

Merrily, merrily, merrily, merrily
life is but a dream.

Rock, rock, rock your boat
gently down the stream.

If you see a crocodile
don't forget to scream!

Rock-a-bye Baby

Rock-a-bye baby
on the treetop.

When the wind blows
the cradle will rock.

When the bough breaks
the cradle will fall.

And down will come baby
cradle and all.

Head And Shoulders

Head and shoulders
Knees and toes,
Knees and toes,
Knees and toes.

Head and shoulders
Knees and toes
We all clap hands together!

Eyes and ears and
Mouth and nose,
Mouth and nose,
Mouth and nose.

Eyes and ears and
Mouth and nose
We all clap hands together!

All The Little Fish

All the little fish are
swimming in the water.

Swimming in the water,
swimming in the water.

All the little fish are
swimming in the water.

Rol de rol
Rol de rol de ray.



Here Is A Beehive

Here is a beehive.
Where are the bees?
Make a fist.

Hiding away
where nobody sees.

Here they come
Out of their hive.
Open your fist and wiggle fingers.

One Two Three Four Five

Buzzzz!
Tickle baby!

A Smooth Road

We're going on
a smooth road,
a smooth road,
a smooth road,
a smooth road.
*With baby on your knee
rock back and forwards.*

We're going on
a bumpy road,
a bumpy road,
a bumpy road,
a bumpy road.
Bounce baby gently.

We're going on
A rough road,
A rough road,
A rough road.
Bounce baby gently.

A hole!
*Baby "falls" in
between your legs.*

I'm A Little Baby

Tune: I'm A Little teapot

I'm a little baby
I fly high.

Down to the floor
and up to the sky.

Like a little bird
or butterfly.

I'm a baby
I figh high.

Hickory Dickory Dock

Hickory dickory dock.
The mouse ran up the clock.

The clock struck one!
The mouse ran down.

Hickory dickory dock.

Five Little Ducks

Five little ducks went out one day.
Over the hills and far away.
Mother Duck said,
"Quack quack quack quack"
But only four little ducks came back.

*Four little ducks...
Three little ducks...
Two little ducks...
One little duck...*

Sad Mother Duck went out one day.
Over the hills and far away.
Mother Duck said,
"Quack quack quack quack"
And all of her little ducks came back.

To Market To Market

Bounce baby gently on your lap

To market to market
To buy a fat pig.

Home again, home again
Jiggety jig.

To market to market
To buy a plum bun.

Home again, home again
Market is done.

Rhyme Time

Slowly Slowly

A ticking rhyme

Slowly, slowly, very slowly
Goes the garden snail.

Slowly, slowly, very slowly
Up the garden trail.

Quickly, quickly, very quickly
Goes the little mouse.

Quickly, quickly, very quickly
Into his little house.

This Little Piggy

This little piggy went to market.

This little piggy stayed home.

This little piggy had roast beef.

And this little piggy had none.

And this little piggy went

wee-wee-wee-wee

All the way home!

Early In The Morning

This is the way we
wash our hands.

Wash our hands,
wash our hands.

This is the way we
wash our hands.
So early in the morning!

Other actions...

*Brush our hair
Give a kiss*

Here's A Ball For Baby

Here's a ball for baby
big and soft and round.

Here is baby's hammer
look how she can pound!

Here is baby's music
clapping one and two.

Here's the way that baby
plays at peek-a-boo!

Put A Spot Over Here

Put a spot over here
And a spot over there.

Put a spot on your nose
And a spot on your hair.

Then a lot of little spots
In the air everywhere!

It's a spotty kind of day!

Put a stripe...

Fish Story

1 2 3 4 5
Once I caught a fish alive.

6 7 8 9 10
Then I let him go again.

Why did you let him go?
Because he bit my finger so!

Which finger did he bite?
This little finger on my right.



I Took A Walk

I took a walk to town one day.
I met a cat along the way.
What do you think I heard it say?
Meow Meow Meow!

Other animals you could meet...
Duck - Quack Quack Quack
Sheep - Baa Baa Baa
Pig - Oink Oink Oink

Baby's Game

Touch your ears.
Pat your nose.

Tickle baby's
little toes.

Hide your eyes.
Where are you?

Baby's playing
peek-a-boo!

Pat-A-Cake

Pat-a-cake pat-a-cake
bakers man.

Bake me a cake
as fast as you can.

Pat it and prick it
and mark it with B.

Put it in the oven
for baby and me!

Old MacDonald

Old MacDonald had a farm
ee i ee i oh

And on that farm he had a cow
ee i ee i oh

With a moo-moo here
And a moo-moo there

Here a moo, there a moo
Everywhere a moo-moo

Old MacDonald had a farm
ee i ee i oh

*What other animals
could be on the farm?*

Baby's Fingers

These are baby's fingers.

Wiggle baby's fingers

These are baby's toes.

Wiggle baby's toes

This is baby's bellybutton.

Circle around baby's tummy

Round and round it goes!

Tickle baby's tummy

Where Are Your Toes?

What a surprise
here are your eyes.

Gently touch baby's eyes

And this I suppose is a nose.

Touch baby's nose

And right under here
I've discovered an ear.

Tickle baby's ear

But where oh where
are your toes?

Tickle baby's toes

5 Little Monkeys

*Hold up 5 fingers on one hand.
Use your other hand to make a crocodile.*

Five little monkeys
sitting in a tree.

Teasing Mr Crocodile,
"You can't catch me!"

Along comes Mr Crocodile
as hungry as can be...

SNAPS that monkey
right out of the tree.

*Count down until
there are no monkeys left*

Ways to encourage your child to read

1. Scout for things your children might like to read. Use their interests and hobbies as starting points.
2. Leave all sorts of reading materials including books, magazines, comics, and colourful catalogues in conspicuous places around your home.
3. Let your children see you reading for pleasure in your spare time.
4. Take your children to the library regularly. Explore the children's section together. Ask a librarian to suggest books and magazines your children might enjoy.
5. Read aloud with your child and talk with them about what you are reading together. Build their confidence by getting them to predict what will happen in the story. Make reading fun!

Useful Source:

www.rif.org/us/literacy-resources/brochures.htm







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