

## Daily tips for Playful Learning at Home – Number 17



### Copy Cats!



Parents and others love to talk about how their children are like them, or another family member. It might be the way they smile, or look cross – or a habit or way of speaking.

Children learn a lot from us by copying, even when we don't mean them to! This can help develop attention, learning about the body and how to coordinate actions. You can play with as many people as you like – *and it's also great to play during video chats with anyone your child misses*

#### What do I need?

You, your child (or children)

A quiet space to play – indoors or out

This is usually easiest standing face to face, but you could be side to side if your child finds that easier

#### What will your child learn from this playing?

Careful watching and attention

The names of body parts and words for movements

Coordinated & controlled movement

Feeling “in tune” with you

#### What do we do?

Try easy actions, and ask your child to copy what you do. Anything they can do is fine, could be:

- “Stamp your feet!”, while doing it ...
- “Wave your hand!”, while doing it ...
- “Stick out your tongue!”
- “Clap your hands!”
- “Jump!” and so on ...

#### Please avoid actions that involve touching the face so we follow current health guidance!

Do one at a time, and encourage your child to do what you do. Some children may need you to start with one or two simple actions and you can gradually add more complicated ones

Each time your child copies you, say, “well done” or similar! Repeat and mix up actions until enough

(Don't worry about getting left/right correct – if it happens, it happens)

#### How can you take it further?

You can try more complicated movements, such as kneeling down, standing on one leg, walking like an elephant. Or chain two together “Raise your hand then blink your eyes”

Your child could take a turn at telling you (or everyone else) what to do

Make a mistake (e.g., say “touch your knee” while waving your hand) and see what happens

If this is all too easy, then add in “Simon says”. So they only do the action if you say “Simon says, raise your arms!”.

**Play & talk together**  
**Be careful with too many questions**

**Pause and wait for your child to respond**  
**Copy what they say and add to it**