

Daily tips for Playful Learning at Home

Musical Statues

One of the hardest things to learn is how NOT to do things. This is called inhibition and it is very important for helping us choose what to do and what to say. Young children find it quite difficult (you may have noticed) but games like this help to develop the skills over time

What do I need?

- A quiet place where you can play without worrying about looking a bit silly
- A portable music player – phone or similar if outdoors, or something with speakers at home
- Some music tracks ready on a playlist, or a suitable radio station
- Be considerate about anyone who is around when you play the music
- The whole family can play too

What will your child learn from this play?

- The words for different actions and how we describe them
- Movement and coordination as they try them out
- Paying attention as they watch what you do
- Feeling together as we copy each other
- Control of actions – stopping, starting and changing

What do we do?

Firstly, check your child understands the different between moving about and being still. You can show them, while saying what you mean – see if they can copy you, and practice for a bit. For some children, this may be enough for now.

Play some music! While the music is playing, everyone can dance about or jiggle around

After a few seconds, stop the music and say “Stop!”

Everyone has to freeze as they are and hold the position. You can do this as a competition so the first to move is “out” but best for young children if it is just “whoops!” and praise then everyone goes on

Back to playing the music and dancing about – and so on

How can you take it further?

Your child might enjoy a turn being in charge of the music

Have team competitions if you are outside with family or friends

Keep a score and let your child make the marks

See if your child can do this without the music – just with “go” and “stop”. Ask them to say it at the same time as they do it