

Counting and Rhyming Songs

Five Little Monkeys

Five little monkeys jumping on the bed,
One fell off and bumped his head.
Momma called the doctor,
The doctor said,
No more monkeys jumping on the bed!

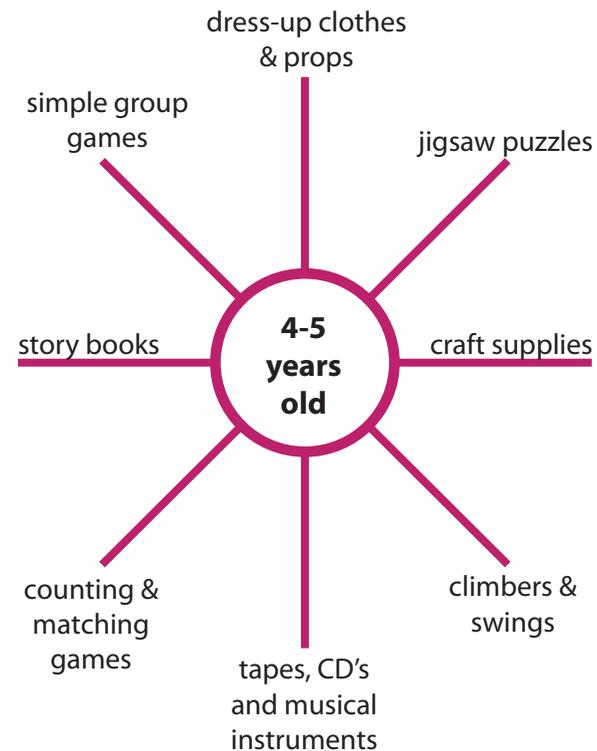
Four little monkeys jumping on the bed,
One fell off and bumped his head.
... etc.

(Continue until there are no more monkeys jumping on the bed.)

One, two, buckle my shoe

One, two, buckle my shoe,
Three, four, shut the door,
Five, six, pick up sticks,
Seven, eight, lay them straight,
Nine, ten, my big fat hen.

(Point to a finger each time you say a number: 1 to 5 on one hand and 6 to 10 on the other)



Why Play?

Play is a learning experience for children. Play is a universal and vital process for the healthy development of every child. Play is the child's work. It allows the child to explore the world in which he or she lives and grows.

Play programs give adults and children the chance to play together in a safe and stimulating environment. By being involved together, adults and children get interested in each other's activities and learn to communicate. Play nurtures sharing and growth.

Toys are the basic tools that children use to enrich their play and learning. There is no one "right" toy. Children need a variety of toys and play materials to match their developmental stage, their interests and their capabilities. They need toys for rainy days, for active play with friends outdoors, for sick days and holidays and toys to encourage sharing and cooperation. Think about your child's unique needs and interests when you choose his or her toys.

The "Why Play?" series of pamphlets suggests play activities for children in the following age groups:

0-6 months	2-3 years
6-12 months	3-4 years
1-2 years	4-5 years

Prices for bulk orders of these pamphlets, and for all other publications, may be obtained from FRP Canada



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Why Play?

4-5
years



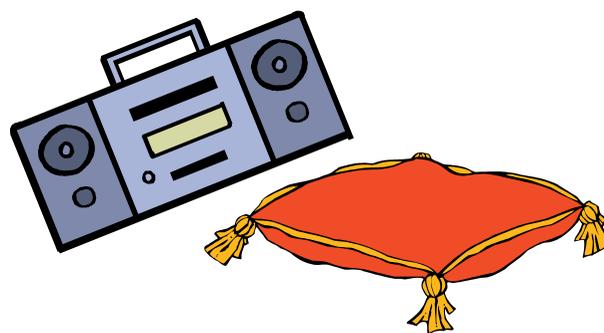
Play Is...

- jumping and running
- pretending
- understanding
- choosing
- cooperating with other children
- asking questions
- playing with language and numbers
- problem solving
- dancing and singing



Choose toys carefully, keeping in mind your child's stage of development.

Group games like tag and hide-and-seek teach children to follow simple rules. Children also practise solving simple problems and learn to cooperate. Try cooperative musical cushions: put cushions in a circle, one for each child. The children go around the cushions while music plays. When the music stops, everyone must sit on a cushion. Take away one cushion, but leave all the children in the game and start the music. When the music stops again, some children must share a cushion. Keep going till only one BIG cushion is left on which all the children are more or less sitting.



Encourage your child's imagination by reading adventure stories. He can then act out the story in his own way. Let him use cushions, big blocks, empty boxes and blankets to create a fort, a castle, a jungle or a bear's cave.

Play with numbers with your child. You can count parts of a toy, the number of steps it takes to go to the corner or the number of rungs up to the top of the slide at the park.

Active play will help your child develop her strength, balance and coordination. Throw and kick a ball back and forth at the park. Make an obstacle course out of boxes, chairs and hoops that she can jump over, run around and crawl through.

Help your child become aware of sounds and letters:

- Read story books and ask him questions about what he thinks will happen.
- Sing familiar songs together and make up new ones.
- Play rhyming games: together, think of all the words that rhyme with "hat."
- Point out familiar words on road and store signs: stop, exit, pizza.
- Give him magnetic letters to play with; you can make a new word on the fridge door every week, starting with his name.



Give her materials to do craft activities:

- child-safe scissors
- different colours and textures of paper
- crayons, markers, chalk
- string and big beads, or macaroni, to make necklaces
- empty food boxes to paint and glue together

Make music together:

- Make your own musical instruments.
- Sing and dance to recorded music.
- Make up songs about your own family.
- Get together with friends and family to form a musical group.
- Record your group and listen to it together.

Homemade Musical Instruments

Maracas

Put raw macaroni, dried beans or rice into an empty container: juice box, yogurt container or shampoo bottle. Close it tight and attach the lid with duct tape. You can glue or tape on a handle made from a stick or wooden spoon.

Guitar

Stretch wide rubber bands around an empty, lidless shoe box. Pluck the rubber bands to play your guitar strings.

Drums

Turn empty plastic containers or buckets upside down and use wooden spoons to beat on them. You can tape two together to make bongo drums and play them with your hands.

