



Dear Parents/Carers and Children

We have been sharing more ideas to help with learning at home. Parents may want to see their children producing a written piece of work to reflect some learning they have done at home. However today we want to remind everyone about Play.

No play dates with friends, parks and public spaces are out of use and so it is even more difficult to allow children 'out to play' at this time. Our children will be missing the direct contact they have with their friends and the opportunities to play with others outside, at home and in the classroom. Yet play is important to all children and their learning. Although we might not recognise the learning at first we still need to provide plenty of opportunities for our children to play with siblings or other family members.

Adults may find they have family and work commitments that never allow them to have time for play and often they opt to zone out in front of the TV or computer to engage in some fun. Play can be a source of relaxation and stimulation for adults too! Adults will be finding themselves controlling the play more to keep everyone and everything contained, orderly and within the limits of the space, time, resources to hand and their own tolerance levels!

Children will often say play is when an adult is not telling them what to do and they get to follow their own ideas and interests, in their own way, and for their own reasons. So let them make choices in their play, let them use their imagination, express their feelings, experiment, problem solve and if it doesn't work then they will have learnt that.

Here are some more opportunities to play and have some fun together.

1. Pretend play - act out situations, dress-up, children will use items around the home to create their sense of the world e.g. the sofa will become the train to go on holiday or the box is a boat. Children might copy what they see around them and adults might see life from their viewpoint.
2. Sing, sign and dance along to some of our favourite songs from Fischy Music www.fischy.com You can login to our school account
Username: mauricewood_ps Password : (Mauricewood)
Make up your own moves and perform to each other. They also stream an assembly every Monday at 11am www.youtube.com/fischymusic
3. Build a den indoors or outdoors. Play, read, eat or sleep in the den.

Play can add joy to life, relieve stress and connect people to others and the world around them. Play can be on your own, with a pet but for greater benefits should involve one other person, preferably away from electronic gadgets. Make sure you build in some time in the day for your child to play and if you can join in too then there will be added benefits for all in the household.

Stay safe.

The Mauricewood Team