



Put more Play in your Day, for the Children and for You!

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Learning Objectives: Successful learners will:

- * List 4 benefits of play for children, adults and the workplace
- * Be able to implement 5 new playful experiences in the classroom

Young Children Need Play

Play is the most natural and effective way for children to learn about the _____ around them, _____, and _____.

Adults Need Play, Too!

- to _____ many aspects of our lives
- to _____ for the children
- to build and strengthen _____
- to just have _____!

Benefits of Play for Children

Play supports ALL areas of development:

Social and Emotional _____

Cognitive and Language _____

Physical _____

Benefits of Play and Playfulness for Adults - Play helps adults to:

- Be "funny, spontaneous, impulsive, active, sociable, or cheerful" (Proyer, 2012)
- Be intrinsically motivated, creative, spontaneous, and satisfied with their jobs (Yu et al., 2007)
- Cope with _____ (Magnuson & Barnett, 2013)

Playfulness Helps to Create Connections

"Play is the foundation of all personal relationships" (Brown, p. 158)

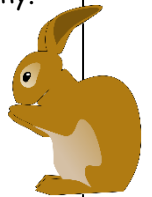


Fun Connecting Songs from Conscious Discipline®:

Twinkle, Twinkle, Little Star
 Twinkle, twinkle, little star,
 What a wonderful child you are!
 With a bright eyes and nice round cheeks,
 A talented person from head to feet!
 Twinkle, twinkle, little star,
 What a wonderful child you are!
 (www.consciousdiscipline.com)



Here's the Bunny
 Here's the Bunny with the ears so funny.
 Here's the hole in the ground.
 When a noise she hears,
 She picks up her ears,
 And jumps in the hole in the ground!
 (Bailey, 2000, p. 103)



Putting More Play in Your Day: Insert fun into every possible activity!

- Do things that make you _____ and feel playful:
- Tell a goofy joke
- Add funny _____ to your stories
- Wear a silly hat
- Join in the children's _____ and _____ play
- Play with toys, especially those that help you connect with children!
- Be _____!

Group Games

- Make them _____.
- Let everyone work toward a _____.

Game: "Balloon Keep Up"

Have a group of children standing in a circle, and give them balloons to bat into the air. The goal of the game is to keep the balloons from touching the floor. Begin with one balloon, then add more gradually. You may have the children sit on the floor at first so they won't bump each other. Supervise use of balloons very carefully! (Torbert, 2005)

Music and Movement Activities:

"Button Factory"

Hi, my name is **Joe**.
 I have a **wife** and 3 **kids**
 And I **work** in a **button** factory.
One day, my **boss** said,
 (Repeat with left hand, elbows, feet, head.)

"**Joe**, are ya **busy**?"
 I said, "**No**." He said,
 "**Turn** the **button** with your **right** hand."
 And a **one**, and a **two**.
 (Make twisting motions with your hand.)



(Source Unknown)

On the last verse: "Joe, are ya busy?" I said, "**YES!**"



“Mr. Wiggle and Mr. Waggle”

This is Mr. Wiggle. He lives in a house. So open the door POP! And put him inside POP! And close the door POP! One day Mr. Wiggle decided to visit Mr. Waggle. So he opened the door POP! And came outside POP! And closed the door POP!

And he went up the hill and down the hill (3x) until he got to Mr. Waggle's house.

And he knocked on the door (knock, knock, knock) and he called out softly, “Mr. Waggle!”

But there was not answer, so he knocked louder (KNOCK, KNOCK, KNOCK) and he called out louder “MR. WAGGLE!”

But there was still no answer, so he went back went up the hill and down the hill (3x) until he got to his own house. And he opened the door POP! And went inside POP! And closed the door POP!

The next day, Mr. Waggle decided to visit Mr. Wiggle. (Repeat as with Mr. Wiggle.)

The next day, Mr. Wiggle decided to visit Mr. Waggle AT THE VERY SAME TIME THAT Mr. Waggle decided to visit Mr. Wiggle.

So they both opened their doors POP! And came outside POP! And closed their doors POP!

And they went up the hill and down the hill and up the hill until they met.

And Mr. Wiggle said, “Hello, Mr. Waggle!” And Mr. Waggle said, “Hello, Mr. Wiggle!”

And they talked and they talked until there was nothing left to say.

Then Mr. Wiggle said, “Goodbye, Mr. Waggle!” And Mr. Waggle said, “Goodbye, Mr. Wiggle!”

And very softly, they went up the hill and down the hill (3x) until he got to their own houses

And they opened their doors POP! And went inside POP! And closed their doors POP!

And they went to sleep.

(Source Unknown)

“The Grand Old Duke of York” (Silly Songs, disc 2)

Oh, the Grand Old Duke of York

He had 10.000 men.

He marched them up to the top of the hill,

And marched them down again.

And when you're up, you're up.

And when you're down, you're down.

And when you're only halfway up, you're neither up nor down.



Fun ideas:

Vary the tempo

(faster & slower)

Hold the “halfway up”

position and sing the

note as long as you

can!

Other Games and Movement Activities:



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More Playful Activity Ideas:

Playing with language	
Acting out stories	
Art activities	
Creating with objects	
Others	

Resources

Bailey, B.A. 2000. *I love you rituals*. New York: HarperCollins Publishers, Inc.

Brown, S. (2009). *Play: How it shapes the brain, opens the imagination and invigorates the soul*. New York: Peguin.

Catlett, C. Stewart, A., Stewart, J. (2014). *Play: The Heart of Development* PowerPoint presented at the Southern Early Childhood Association, Williamsburg, Virginia

Magnuson, C.D.& Barnett, L.A. 2013. The playful advantage. *Leisure Sciences: An Interdisciplinary Journal* 35 (2): 129-144.

Proyer, R. 2012. Examining playfulness in adults. *Psychological Test and Assessment Modeling* 54 (2): 103-127.

Torbert, M. 2005. Using active group games to develop basic life skills. *Young Children* 60 (4): 72-78.

Ping Yu, Jing-Jyi Wu, I-Heng Chen, Ying-Tzu Lin. (2007). Is playfulness a benefit to work? Empirical evidence of professionals in Taiwan. *International Journal of Technology Management* 39 (3-4).

www.consciousdiscipline.com

<http://brainden.com/best-puzzles.htm>

Some Playful Children’s Music

Dr. Becky Bailey. *"Songs for I Love You Rituals" Volumes 1 & 2*
"Gather Round: Songs for Kids and Other Folks"

Greg & Steve. *"Playing Favorites"* and others

Hap Palmer. *"Pretend"* and others

Joe Scruggs. *"Late Last Night"*

Kimbo. *"Bean Bag Activities and Coordination Skills"*

Raffi. *"Let’s Play"* and others

"Silly Songs", discs 1-6

Have fun and be playful!