

ACTIVE PLAY

IS WHAT CHILDREN
DO BEST!

Children learn and develop through active play by:

- being creative
- mixing with others
- finding new ways to move
- exploring new play spaces.

Help your child to discover the wonders of being active. Let them:

- decide what they want to play
- grow in confidence when it comes to skills
- make a mess and create some noise
- enjoy some rough and tumble play.



**Active play is a
fun way to learn
and grow!**