



HELLO PARENTS,

Rough and tumble play is when children climb over each other, roll around and develop their gross motor skills. Rough play is a basic human instinct that helps children develop different abilities, but mostly children like this kind of play because it is fun! Rough play helps children understand the limits of their strength, find out what other children will and will not let them do, and work out social relationships as they play roles, take turns and sort out personal boundaries. In this newsletter you will find activities that promote rough and tumble play safely.

ACTIVITIES

INFANTS (3 -18 MONTHS)

BUZZY BEE

DIRECTIONS:

- Lay down with your child and put your finger in the air.
- Make a 'bzzzzz' sound and swoop your finger around until it finally lightly touches some part of their exposed body.
- Eventually, just putting your finger in the air will be enough to prompt excited yells of happiness.

[Click here](#) for more activities.

TODDLERS (19 MONTHS – 2.5 YEARS)

TESTING STRENGTH

MATERIALS:

- Open space

DIRECTIONS:

- Lie down on the ground and see whether your child can roll you over or stop you from getting up.
- Children often enjoy testing their strength this way.
- You might have to play along a bit and pretend your child is stronger than you.
- Let your child lie down, and pretend you are having a hard time rolling them over.

[Click here](#) to dance to "Shake a Leg" song.

PRESCHOOLERS (2.5 – 5 YEARS)

PIGGY BACK RIDE

MATERIALS:

- Open space
- Sofa or a chair

DIRECTIONS:

- Crouch down on the floor near a sofa or a chair.
- Let your child stand on the sofa or chair and climb on to your back.
- Stand up, hold on to your child, and start walking and running around singing together.

[Click here](#) to read "Tumble Bumble" by Felicia Bond.

JK/SK (4 – 6 YEARS)

CROUCH AND CHASE

MATERIALS:

- Open space
- Two players

DIRECTIONS:

- One player is the cat, the other is the mouse.
- The player who is the cat must chase after the mouse and try to get them.
- Take turns playing each role.

[Click here](#) to learn 5 fun exercises.

SCHOOL-AGERS (6 – 12 YEARS)

SURF!

MATERIALS:

- Big cushions

DIRECTIONS:

- Grab a big couch cushion and use it to pull or push the "surfer" around the room.
- Use your imagination to pretend as if you are surfing through big waves on the ocean.
- Use the cushion to sit on and slide down the stairs (make sure there is space to land at the bottom).
- Take turns between being the pusher and the surfer.

[Click here](#) for more activities.



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

- If children are playing rough, set some ground rules that can prevent them from getting hurt.
- In rough play, children smile and laugh. No one gets hurt or is forced to do anything. Once children are finished with rough and tumble play, they should keep playing cooperatively together.
- If you see frowning, crying, fear or anger, it is not play. Children's emotions should always be validated and respected.