Learning Through Play:

This tip is about learning through play – something that can be fun for all ages!
Millions of children are facing school closure and isolation in their own home.Through play children can develop social and cognitive skills, mature emotionally, and gain the self-confidence required to engage in new experiences and environments.Cognitive development refers to the way in which a child learns, solves problems, acquires knowledge about the surrounding environment and increases the ability to interact with others.

Types of play:
- There are so many different types of play that can be both fun and educational.
- Language, numbers, objects, drama and music games give children opportunities to explore and express themselves in a safe and fun way.

Movement game:
- Create a dance choreography to your children's favorite song
- One person does a dance move and everyone else copies. Everyone takes turns being the leader.
- "Challenge" who can do the most toe touches – jumping jacks, windmill toe touches in a minute
- "Mirror" each other facial expressions, movements, sounds. One person can start as the leader and then switch. try it with no leaders!
- Freeze dance: Play music or someone sings a song, and everyone dances. When the music stops, everyone must freeze. Last person still dancing becomes the judge for the next round.
- Animal dance: Same as above but when the music stops, call out a name of an animal, and everyone has to become that animal.

Telling stories:
- Parents are great at telling stories
- Tell your children a story from your own childhood.
- Ask your children to tell you a story.
- Make up a new story together starting with "Once upon a time" Each person adds a new sentence to the story.
- Act out a favorite story or movie older children can even direct younger ones while learning responsibilities.

Change the object:
- Every day household items like brooms, pots, pans, mops or scarves can become fun props for games.
- Place an object in the center of the room and whenever someone has an idea, they jump in and show the rest what the object can be.
- For example, a broom might become a horse or a microphone or even a guitar!

Memory game:
- First person says, "When COVID-19 lockdown ends, I am going to (e.g., go to the park)".
- Second person adds to first person, "When COVID-19 lockdown ends, I am going to the park and (e.g., visit my best friend)".
- Each person adds to the previous trying to think of all of the fun things to do when COVID-19 lockdown ends.

Singing:
- Singing songs to your baby helps to develop language.
- Older children love to sing especially if parents join in with them
- Music encourages physical movements which is good for children
- Play or sing a song, and the first one to guess it right becomes the next leader.
- Make up a song about hand washing or physical distancing, add dance movements!

Sorting:
- Help your child sort sizes by putting one spoon or cup inside the other so that all fit together. Have your child identify corresponding sizes by putting the big spoon in the big cup, medium spoon in medium cup, etc.