

## Why...

- \* Play is vitally important for young children. It helps to them to develop physically, socially, intellectually and also in gaining self-esteem and confidence in their ability
- \* Having stored up energy contributes to children feeling frustrated and unsettled. Children find it hard to cope or listen & pay attention when they are full of energy
- \* Children gain control over their bodies through practice & experience. Activities using their whole bodies help children to develop strength, agility & co-ordination

## When...

- \* Get children active & burning off energy before they become frustrated & their energy levels explode. Identify periods when a child may have to be sedentary for a length of time & plan to be active before this or have breaks where the child can run around or go for a walk
- \* Make use of good weather. While the day is fine get outside as much as possible. Having larger spaces to use children can run & exercise their large muscles more effectively

## What...

- \* Use everyday activities such as hanging out washing or getting the mail as times for your child to be really active. Race them to the letter box, perhaps you could run or hop or skip. Give them things to carry out to the washing line & make a game with the pegs such as throwing them into a bucket
- \* Be creative when it is wet outdoors. Set up cushions inside to jump on, make a space for dancing to music or make up some child friendly aerobics
- \* Playing with other children & going to the park or beach is a great energy buster
- \* When out and about let your child walk as much as possible, maybe walk one lamppost run one lamppost

Strategies with Kids | Information for Parents

Let them burn off their energy - lots of physical stuff

