

## Developing Language through Active Movement

### An activity guide for under-fives

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On 1 Feb 2012, SPARC changed its name to Sport NZ. www.sportnz.org.nz

## What is Active Movement/ Koringa Hihiko?

Control Active Movement is just as important for newborns as it is for older children. By helping your child to get active, you help their body to develop, you help them to learn and to feel safe, and you show them they are loved.

The Active Movement series of brochures helps you with ideas for fun activities.

Develop intellectually, emotionally, socially and spiritually, as well as physically

#### Active Movement

Build the foundations for learning, moving and communicating helps your child to:

Be healthy and happy, confident and feel loved

# What is language development?

• The more a child is talked to (or with), the more their language is enhanced.

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- Control This begins before birth and continues throughout childhood.
- Control There are crucial times for learning new skills and when the brain is most open to learning. For language, this time is as an infant and young child.

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- The more you talk about what she is doing, the more she will understand and connections will grow in her brain.
- When he is being active, talk about what is happening, what body parts he is using and what direction he is going in.

## What do I need to know before I start?

- All activities are for boys and girls.
- Ut is the **order** in which they gain body skills that is important, not **the age** that they gain them.
- Construction: Remember, when children are active, stay around them to **keep them safe**.

# Activities for Newborns and Infants He ngohe mā ngā Pēpi

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These activities can also be done with toddlers and young children.

I learn by hearing the words that describe the parts of my body.



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## Activities for Toddlers He ngohe mā ngā Tamariki Nohinohi

- $\stackrel{\smile}{\hookrightarrow}$  These activities can also be done with young children.
- Control All of the activities use equipment that is found in most homes. Be creative with what you already have!





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More activities you can do with your toddler, next page 😎



Make a bumpy/smooth collage. Collect things to go on the collage and talk about how they feel.

Bake with her and talk about how the mixture feels. Take your baking on a picnic.



Go for a walk at the beach in bare feet. Talk about how the sand feels. You could also do this activity on your lawn.



# Activities for Young Children He ngohe mā ngā Kōhungahunga

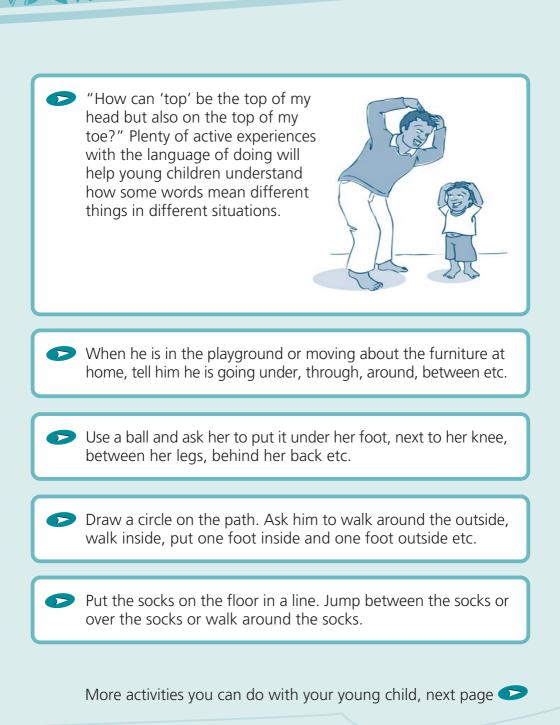
These activities can also be done with toddlers.

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Even if your child is too young to be counting by herself, she will benefit from hearing you count things with her.

I learn by hearing the words to describe where I am.





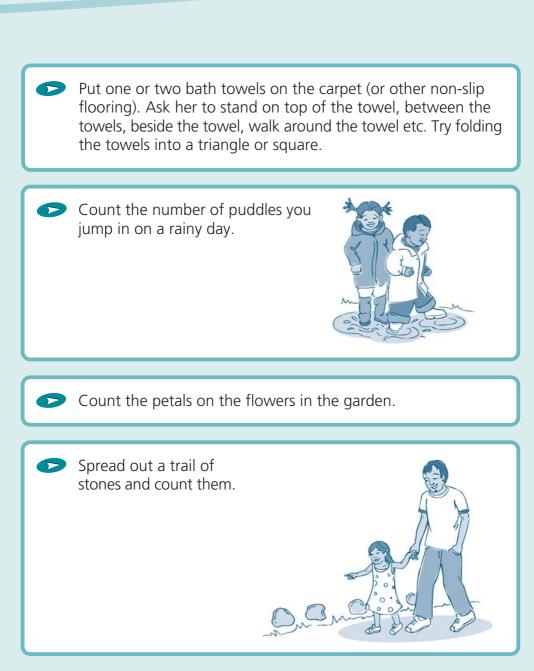
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#### More activities to do with young children

I learn about counting by hearing people counting things I can see or feel.





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More activities you can do with your young child, next page 🗢



### More activities to do with young children

Count toes and fingers.

Count how many raisins are on a plate.

Count the letter boxes in the street as you walk by.

Count vegetables as you peel them.

> There are many finger plays that use counting. Finger plays are rhymes or songs that have finger actions. For example, 'Two Little Dickey Birds'.





## Where do I go for more information?

This brochure is one of a series of 16 Active Movement resources:



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Further information can be found on the SPARC website or call 0800 ACTIVE (0800 22 84 83).

#### www.**sparc**.org.nz

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