

We respectfully acknowledge that the land on which we gather is the unceded, traditional, and ancestral territory of the Coast Salish Peoples, including the territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and Səlilwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

Free Play

Inquiry Play

Collaborative  
Play

Playful  
Learning

Learning  
Games

# FREE PLAY



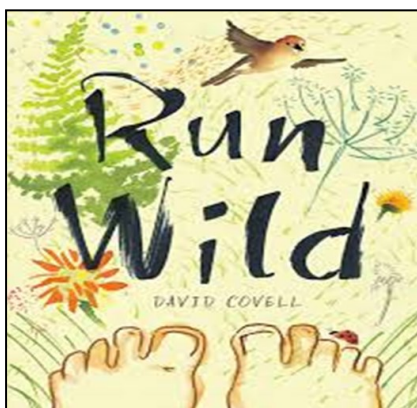
- Free play is an unstructured, voluntary, child-initiated activity that allows children to develop their imaginations while exploring and experiencing the world around them.
- Spontaneous free play contributes to mental and physical health.
- During free play, children have opportunities to apply emerging skills and knowledge while developing a range of competencies.
- When play is directed by children, they gain confidence and develop important social and motor skills which are important for critical thinking (Play Today! A Guide for Families, p. 7)

## Activity—Outdoor Play

- Outdoor free play requires little preparation.
- It can be going for a walk, play on the playground or running around in a safe and open space.
- Once a place is provided, children will organize their own play. Adult supervision is required only to ensure safety.
- Children will need time. If play is interrupted or cut short, not much happens.

## Book

- Run Wild by David Covell



## Song

### The Ants Came Marching

*The ants came marching one by one, hurrah! Hurrah!*

*The ants came marching one by one, hurrah! Hurrah!*

*The ants came marching one by one, the little one stopped to suck his thumb.*

*And they all go marching down, around the town. Boom! Boom! Boom!*

*Repeat with two by two—to tie his shoe, three by three—to climb a tree, four by four—to shut the door and five by five—to take a dive.*

## Reference

Play Today! B.C Handbook. <https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/play-today-handbook.pdf>

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