



Play to Learn! June 1, 2022

Edmonds Park - Outdoors!

Rock Carrying with a Métis Sash

Materials Needed:

- An open outdoor space
- Rocks/pebbles
- Sash (or other piece of fabric/object) to carry rocks

Directions:

- Explain to your child that you start by collecting 10 rocks, which they will be carrying rocks from one spot to another.
- Using your Sash (or fabric/object), lay it flat on the ground to be able to place your rocks onto.
- There will be a pile of 10 rocks, but your child will need to count out 5 rocks to place on the Sash.
- Once 5 rocks have been counted, wrap the Sash up so that the rocks don't fall out.
- Once the Sash is wrapped up, you can help your child bring the rocks as quickly as possible from point A to point B.
- Once the rocks have been dropped off, you can race back to point A, where you will count out the next 5 rocks and add them to your Sash.
- Race over to drop the rocks off to point B again. You can do this as many times as you like and even try taking turns!

Variation:

- You can use softer or lighter items while outside, including acorns, pinecones, or anything else (that is safe to use) that you find while exploring the great outdoors. Alternatively, you could collect 5 of each item and make it a longer, more interesting game where you identify the outdoor items, have more objects to collect/carry. You can even do it in teams (small or big)!

Rock Carrying will help your child's development in the following areas:



Physical Health & Well-Being

- This activity helps to develop a child's gross motor skills such as agility, speed, and early running.
- Gross motor skill development involves large muscles in the arms, legs and torso, and forms the basis for fine motor skills (the smaller muscles in the body, like those in hands, fingers and thumbs.)



Language & Cognitive Development

- This activity will help children to further develop their basic numeracy skills through counting the rocks (10 total, 5 each round), as well as sorting and classifying if they choose to add in other objects, such as pinecones or acorns.
- Counting is one of the building blocks for advancing numeracy skills to be used in mathematics and many other areas of learning.



Social Competence and Emotional Maturity

- This game can help build focus, concentration, and allow for children to learn to wait their turn.
- Playing games can help children learn how to respect others, follow rules, take care of materials, and show self-control.



Communication Skills & General Knowledge

- Playing games, such as this activity, helps further develop their communication skills through working with others to collect items, count objects and make sure they don't fall out while running to the next point.
- Learning about new things, like rocks, pinecones, acorns, etc., can help gain interest and knowledge about the world we live in and the great outdoors.