



Play to Learn! June 1, 2022

Edmonds Park - Outdoors!

Tunnel play for Toddlers and Preschoolers

Materials Needed:

- An open outdoor/ indoors space
- A tunnel (or create a tunnel using chairs and blankets at home)

Directions:

- Show/ tell your child to crawl/ slither from one end to the other
- Talk / encourage your child while waiting for her/ him on the other side

Variations:

- *The child can Push a large ball or pillow through the tunnel*
- *push a car through the tunnel to drive it and park it at the other end*
- *Put a puzzle at one end of the tunnel with the pieces at the opposite end*

...This activity will help your child's development in the following areas:



Physical Health & Well-Being

- Helps with gross motor skills which helps with developing fine motor skills that are needed for writing and cutting
- Helps children control the moving of their arms and legs., Coordination, balance, and body awareness



Language & Cognitive Development

- Crawling and walking set the foundation for fine motor skills and develops good core strength for speech
- Provides a foundation for early problem-solving skills



Social Competence and Emotional Maturity

- Tunnels gives children a fun and interactive way to play
- Teaches children lessons in taking turns, patience, and tolerance, and playing fairly.
- Helps children with their confidence.



Communication Skills & General Knowledge

- Helps children learn to follow directions
- Gives the brain a workout, this helps children move smoothly from one side to the other as they start writing