



## **Play to Learn! June 1, 2022**

### **Edmonds Park – Outdoors!**

#### **Counting Fishes**

##### *Materials Needed:*

- Fishing pole(s) with some kind of hook or magnet on the end
- Fish toys that can be hooked or paper fish with paperclips
- Add numbers to each fish
- Activity sheet to accompany the activity

##### *Description:*

- Counting Fishes is a fun game for ages 2+
- Children hold on to the rod, moving it around to try and hook a fish
- Depending on their age and ability, discuss or teach the different colors of fish, what numbers they have, and offer other provoking questions.
- When the children catch a fish and read its number to find the activity associated with it on the activity sheet.
  - Ex. Fish #1- do 5 jumping jacks or #8- swim like a fish for 15 seconds

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



#### **Physical Health & Well-Being**

- This activity promotes gross motor development which involves the movement and control of the large muscle groups. This includes legs, arms, back, and core. By strengthening these areas, children can further develop their fine motor movements.
- As the child holds the pole and manipulates it to catch a fish they will be using multiple muscle groups at one time.



### Language & Cognitive Development

- By responding to the child's interest and activity, we are showing that we care about what they are doing. Using clear simple language to comment on their play and to add to what they share encourages their language development.
- Counting the number of fish or reading the number on their fish is a simple way to encourage language and cognitive development. Even repetitively saying words and numbers aloud helps children learn and begin to grasp basic language and math concepts.



### Social Competence and Emotional Maturity

- Every child develops uniquely and some will find it easier than others to lift the pole and try to catch a fish. Age will also impact this as well.
- By struggling and encouraging children to keep trying when they experience a challenge, we allow them to learn resilience and perseverance. This grit is so important as they grow to meet new and bigger challenges. Being there to support them but to let them try on their own is so important.
- Often this game also provides opportunity for sharing, as there is a limited number of fishing poles. Children learn patience and emotional regulation while waiting their turn.



### Communication Skills & General Knowledge

- Sharing and taking turns is a great opportunity to teach children how to communicate this to one another. Expressing frustrations and emotions is important as many children experience big emotions when waiting or frustrated that it is not their turn to try.
- Finding ways to include children who are waiting can help teach them cooperation and communication. These ideas include singing a song while waiting, doing the activity on the card with them, learning to decide who will go next, etc.