

## PLAY

Before beginning this lecture, give each student a small amount of play dough, or fill the sensory trough and let them play. (Recipe for play dough: 1 cup flour, 1/2 cup salt, 1 cup colored water, 1 Tbs. Cream of Tarter, 2 Tbs. oil, food coloring. Combine all ingredients in a sauce pan. Cook until it pulls away from the side of the pan, 2-3 minutes. Knead. Store in air tight container in refrigerator.)

### **SENSORIMOTOR PLAY**

Even though the preschooler has moved out of Piaget's sensorimotor stage, he/she still enjoys sensorimotor motor play. For example, a preschool-age child would spend many happy hours exploring mud, sand, food, water, etc. Preschool-age children love the sensations they receive from sensorimotor play and, therefore, seek them out. For example, if an adult was walking along a sidewalk in the rain, you may observe him/her jumping or hopping around any small or large water puddle. However, if you saw a preschool-age child walking down the same sidewalk, you would observe him/her splashing and jumping in every water puddle he/she could find. Allow preschoolers to have sensorimotor experiences. They learn valuable concepts concerning the world, especially science, by engaging in this type of play.

Have the class give ideas or ways for parents and/or caregivers and preschool teachers to encourage sensorimotor play. Some examples would be playing in the bath tub, helping prepare food, playing with oblick. You may want to make some oblick for the students to play with. Simply mix cornstarch and as much colored water as needed to form a thick, semiliquid substance. Discuss how all children enjoy play dough. Ask how many of them have been playing with their play dough while you have been talking? Even young adults enjoy sensorimotor experiences at times!

### **MASTERY PLAY**

Mastery play comes from the child when he/she has learned a new skill. He/she wants to repeat it over and over again. Remember when you learned to pump yourself in the swing and how you would swing for hours, or when you learned how to ride a bike?

Almost every new skill becomes a challenge to the preschool-age child and he/she does all in their power to accomplish the skill. There is an innate desire for these children to learn and accomplish new feats. Examples include rolling down a hill, sledding, roller skating, climbing trees or jungle-gyms, hanging fearlessly upside down, jumping off swings, building a tower of blocks, and racing someone almost anywhere they go. "I'll race you!" is a common statement used by children this age.

### **ROUGH AND TUMBLE PLAY**

Rough and tumble play is enjoyed by all ages but especially during childhood. The act of wrestling and chasing each other is the act of fun and play. Rough and tumble play involves laughter, smiles, and close friends. This is a great release of energy and emotions. A parent should watch closely if the laughs and smiles become frowns and scowls; then the roughing and tumbling is no longer play but a fight. This should not be allowed to happen. The children should be stopped at once!