

THE PHYSICAL LEARNER



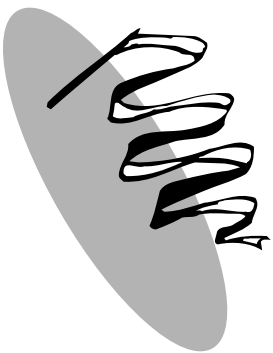
EQUIPMENT *for games and movement*

BALLS of various types and sizes

Large plastic **HOOPS**

SCARVES and bandanas

BEANBAGS of different colors and sizes



PARACHUTES of several sizes (6 to 12 feet)

(for a small parachute, cut a king-size flat sheet into a circle)

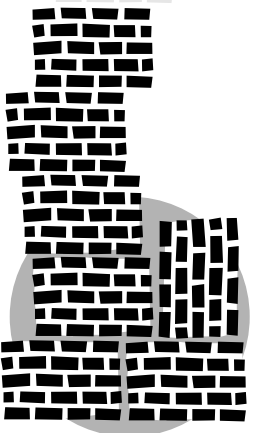
*A preschooler can wiggle,
stare out a window, or lie
on the floor and still be
listening.*

*from Love, Laughter, and Learning
by Mahand and Van Brink*

REMEMBER

the child needs you to

- **create an environment that allows for physical play**
- **make group time varied, no long periods of sitting**
- **help him channel his energy into positive learning experiences**
- **provide objects to explore through touching**
 - **understand his need for movement**
- **value his joy in learning**



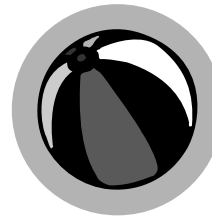
The physical child may exhibit

THE PHYSICAL CHILD MAY ENJOY

- **enjoyment in using his entire body to learn**
- **an increase in his sense of balance and eye-hand coordination**
- **a preference for physical games and activity**
- **pleasure in moving, wiggling, and manipulating**



- *rolling a ball back and forth*
- *creating group games*
- *running and jumping outside*
- *taking a walk*
- *finger painting*
- *using a feely box*
- *tearing paper*
- *moving to music*
- *working a large floor puzzle*
- *using different kinds of dress-up clothes*
- *collecting nature items and examining them*
- *using large plastic hoops to make bubbles*
- *collaborating with others to play out situations*
- *role-playing a Bible person's actions*
- *using hand signals or sign language*
- *standing at the art or art table to work*
- *involving all the senses in play*
- *cleaning different areas of the room*
- *participating in high energy play*
- *crawling through a large box "tunnel"*
- *shaping modeling clay or play dough*
- *painting water on a sidewalk with large brushes*
- *finger plays and stretching activities*
- *reaching for objects; touching and manipulating objects*
- *walking on a balance beam or using an obstacle course*
- *finding items in the room when instructed by the teacher*
- *building with blocks (soft vinyl, cardboard, or wooden)*



TEACHERS CAN ENCOURAGE LEARNING BY

-  **using hands-on activities**
-  **providing opportunities for outdoor play when appropriate**
-  **planning for pretend play in group time or in learning centers**
-  **providing various activities that require movement; squatting, running, reaching, etc**
-  **creating opportunities for simple active games**

