The **LEGO** Foundation

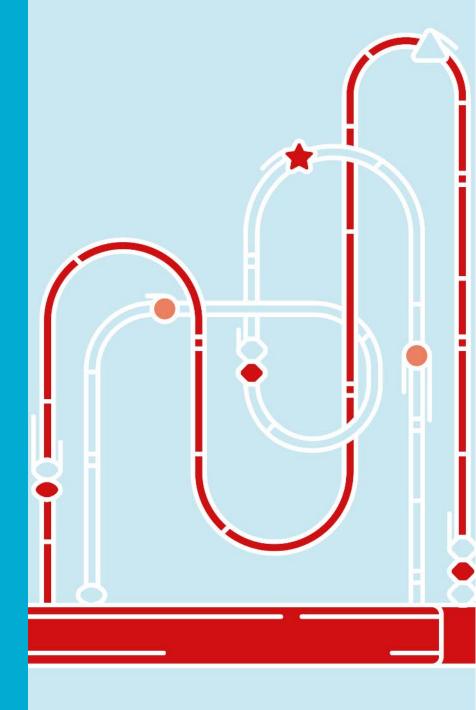
LEARNING THROUGH

# **Overview**:

-Importance of learning through play (LtP)

-Relationship between LtP and children's development

-Play, coping, and stress



# Play in early development

Playful experiences offer a unique context for supportive and rich learning in early childhood.

# Connecting play & education

Children achieve richer understanding by connecting the concepts and skills they're learning at school with relevant examples in the real world.

# Play & lifelong

#### **learning** Today's world is constantly changing.

Today's world is constantly changing. Play helps children learn how to collaborate, innovate and problem-solve.







The LEGO Foundation



As the children pay the 'ice cream seller' with their 'money' (sticks) their maths and language knowledge is being strengthened via practice in a real-life context.

M

As children venture outside of their comfort zones, they are building confidence in themselves and their ability to face new challenges.

H

The **LEGO** Foundation



11

As children look for ways to build up their pretend reality, they are exercising creativity.

# Children are born to learn through play

Play harnesses children's potential and has a central role in preparing children for challenges in childhood and through adulthood.



# The importance of child agency

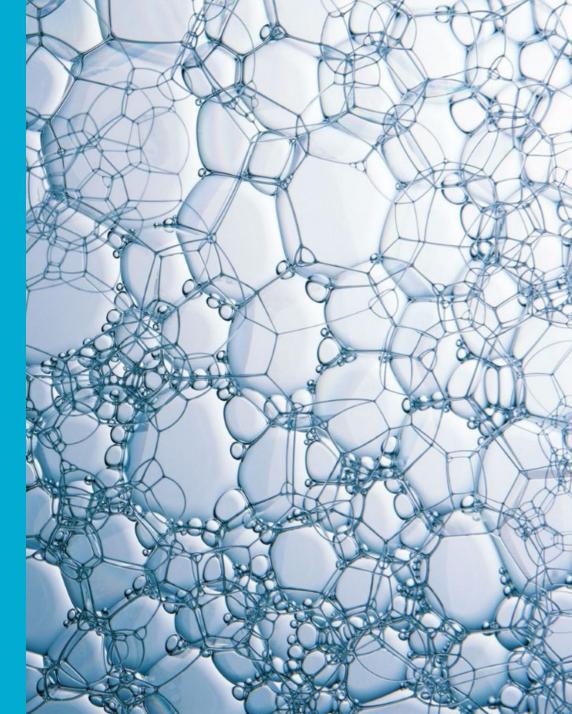
A critical requirement for learning through play is that children must experience agency and be supported rather than directed.



The **LEGO** Foundation

"Play likely serves multiple interrelating adaptive functions for children, not only in building social and cognitive skills but also in helping them regulate emotions and behavior as well as fostering flexibility in problem solving."

(Capurso & Pazzagli, 2016, p. 41)



# Physical play

- This includes activity play (e.g. climbing, dancing, bike riding and ball play), fine-motor practice (e.g, colouring, cutting, and manipulating construction toys) and 'rough-and-tumble' play.
- Physically active play provides children with exercise and its associated health benefits and is also linked with academic progress, self-regulation and social competence.



# Play with objects

- This begins early, with behaviours such as mouthing/biting, rotating while looking, hitting and dropping. Children progress from arranging, sorting and classifying objects as toddlers, until around the age of 4 years old children are building, making and constructing larger objects.
- Certain studies link play with objects with the development of representational abilities (e.g. a banana becoming a telephone), reasoning and problem-solving strategies.





The LEGO Foundation

# Pretend play

- Pretend play, such as the classic games of makebelieve, is the most researched type of play.
- Recent studies on pretend play indicate that pretend play could be crucial to the development of language, narrative skills and emotion regulation. More research is needed to strengthen these findings.



#### LEARNING THROUGH PLAY: KEY POINTS

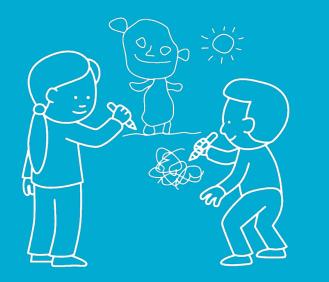
- Learning through play supports overall healthy development, acquisition of both content (e.g. math) and learning to learn skills (e.g. holistic skills). The benefits and role of learning through play differs across contexts and cultures.
- Caregiver-child **play doesn't require lots of time and toys**. High quality play moments between a caregiver and child can happen during everyday routines, such as cooking, feeding, bath time and bedtime.
- Play provides opportunities for caregivers to form a sensitive and positive relationship with their child. And many caregivers say that play is fundamental to their own happiness, and makes them feel relaxed, energised and more creative.
- Adults can set the stage, but **children are the real play experts** let them lead.

Whitebread et al., (2017); Zosh et al., (2017); https://www.legofoundation.com/media/1695/what-we-mean-by-playfulparenting-in-the-early-years.pdf



The LEGO Foundation

# Play and coping in young children



The LEGO Foundation

- Play allows children to create controllable events in an imaginary frame where negative emotions can be freely expressed. This leads to increased positive affect while simultaneously reducing anxiety.
- Such practice may also help children create patterns of coping with difficult situations that can be later applied in everyday life.
- Play themes may be different during or after stressful events.

#### PLAY AND COPING WITH STRESSFUL EXPERIENCES: KEY POINTS

- Play provides a supportive context to help children cope with everyday stress and severe or prolonged adversity.
- Play is a powerful experience for developing self-regulation, a central ability in children's coping with stress.
- When combined with adult guidance, the benefits of play are particularly effective in supporting children experiencing adversity.
- Professionals in a variety of settings can employ play to support families experiencing stress.



# **PLAY MATTERS**

the key role of Developmental Play in ECD for social, emotional and physiological wellbeing

### **Caroline Essame**

Arts and Play Therapist, Occupational Therapist and Educator







# The Story of Lin Lin's Lockdown







# **Child's Play** Why does it matter?

- Play is children's main medium for learning and understanding.
- Much of how ECD children learn is preverbal and embodied.
- Post COVID we need to harness the power of play to help children process their experience, as well as a medium for learning in classroom settings and supporting transitions back to school

# Pandemic changes to play

Loss of playmates

- Less movement and time outdoors
- Less diversity of sensory input
- Less inner locus of control
- Loss or change of routine
- Less access to quality education
- More time with family
- More screen time ZOOM fatigue
- More anxiety and uncertainty mental health premorbidity

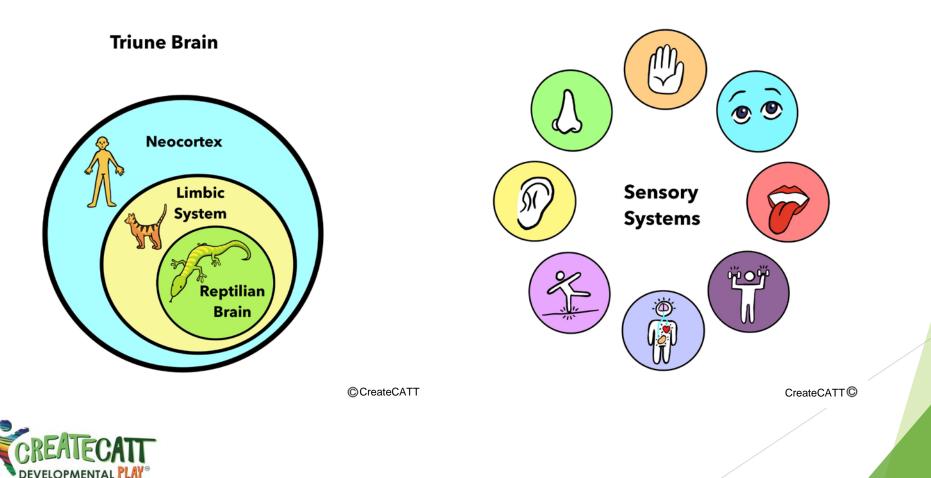
In some cases increased exposure to violence and abuse.





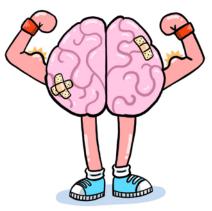


# These changes have neurological and physiological impact on the developing child



Children are natural meaning makers if we give them the chance.





**Brain Plasticity** 

© CreateCATT







### Essame - Developmental Play Pyramid 2016

Higher Play: Social, symbolic, roles and rules, as if.

**Organised meaning making play** 

Creative Explorative Play: Mess, Movement and Engagement

#### **Sensory-Body Play and Attachment Safety Play**

This developmental pyramid shows how the foundation skills for play are through attachment and sensory understanding of the body. A child needs to feel these first and from this foundation they reach out to explore and expand their play. If a child struggles with play and associated life skills it is often helpful to revisit the earlier foundation levels to support their learning and social and emotional wellbeing.

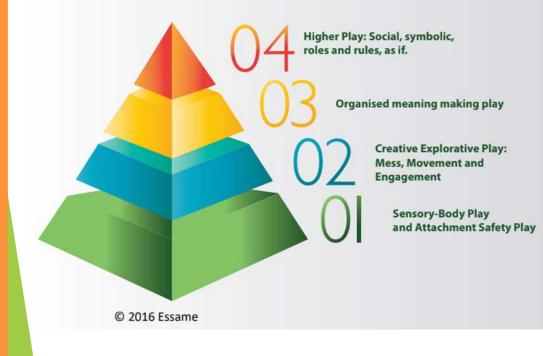


#### **STAY PLAY**

at home at home

# Stay at home Play at home

30 days of fun activity ideas, to engage, create, play, move and learn at home Based on the Developmental Play Pyramid and colour coded in play stages



Each activity is headed Tell me all about it What will we need? What will my child learn? Any tips for maximum benefit?

©createcatt 2020

The best start in life, for the best chance in life. www.developmental-play.com



# **Create a safe space**



# Tell me all about it

In these days of uncertainty all exercises that support the child feel safe and protected are good, and what better way to do it than to build a den. Children love doing it in the woods but you can do it in the house as well using household items. Making dens and spaces is all about practicing skills for building a home and a life in the future. It also helps children feel safe. Give them a space somewhere in the house where they can build this den, under a table, in their bedroom, under the stairs. They can create a safe world in there and build an imaginary world with their toys or just read a book in safe warm space.

©createcatt 2020

### What will we **need**?

Space Blankets, pillows, duvet covers, chairs Pegs can help fix flowing items

# What will my **child** learn?

How to keep themselves safe Confidence Ownership Planning, organization and problem solving Creativity and imagination

# Any **t1ps** for maximum benefit?

It may look messy to you but remember that for child these can be places of magic, encourage them to take their special toys into it, they may even enjoy a snack in there. Given the chance children can spend hours happily playing in a safe space they have created, encourage them.

#### The best start in life, for the best chance in life. www.developmental-play.com

# How to build healthy social, emotional and physiological development through play.

#### Online

Use props, strong visuals, puppets Use seeing language – name them Mirror children

Give them hands on activities

Involve parents

#### Offline

Let the children lead
Create safe but free spaces
Facilitate don't direct
Make it multisensory
Work with developmental needs of the child



NO RIGHTS AND WRONGS IN PLAY



#### STAY AT HOME PLAY AT HOME FACEBOOK PAGE

All 30 STAY AT HOME activity resources in one group page, multiple languages and tagged by developmental levels.

Play and education ideas for parents, educators, and teletherapy.

https://www.facebook.com/groups/stayathomeplayathome/

INTRODUCTION TO DEVELOPMENTAL PLAY - SHORT COURSES for Parents, Child Careworkers, Teachers and Clinicians

www.createcatt-academy.com

#### SENSORY PLAY YOUTUBE ACTIVITY TO SHARE WITH CLIENTS

https://youtu.be/qDLyu\_ZkAk

#### ARTICLE ON THE DEVELOPMENTAL PLAY APPROACH

Caroline Essame (2020) Developmental Play: A new approach to understanding how all children learn through play, Childhood Education, 96:1, 14-23, DOI:

10.1080/00094056.2020.1707531

To link to this article: https://doi.org/10.1080/00094056.2020.1707531

# **To connect**

caroline.createcatt@gmail.com

www.developmental-play.com www.spreaker.com/create2learn www.facebook.com/createplaymove andlearn www.createcatt-academy.com







ENGAGING WITH YOUNG CHILDREN AND THEIR FAMILIES DURING COVID-19

THE ROLE OF PLAY

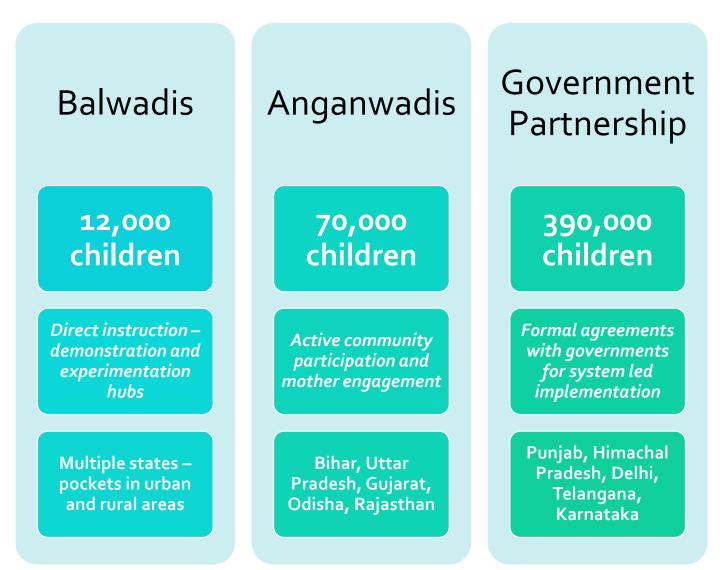


### EARLY CHILDHOOD EDUCATION AT PRATHAM

#### Pratham has early childhood interventions in **15+ states and union territories** across India, with interventions spread across **urban and rural** communities



#### **DELIVERY MODELS**



## WHAT WERE WE DOING THEN? WHAT ARE WE DOING NOW?

Activities in government preschool centres





Awareness about public health and safety



Volunteer mobilization (adolescent girls, young women)

Mothers and children playing together



Mothers' groups in the community





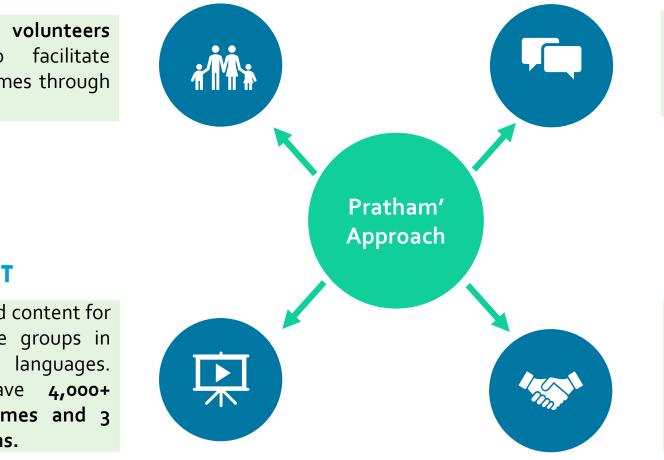
Lots of phone calls – back and forth!

# STAYING IN TOUCH DURING COVID-19

To navigate the pandemic and continue to fulfill our mission. Pratham is implementing the campaign **"Karona: Thoda Masti, Thodi Padaai"** to keep in touch with communities and encourage learning.

#### COMMUNITIES

Equipping parents, volunteers and children to facilitate learning in their homes through play



#### COMMUNICATION

Supporting communication with the help of all available media, audio calls, IVR, SMS and WhatsApp

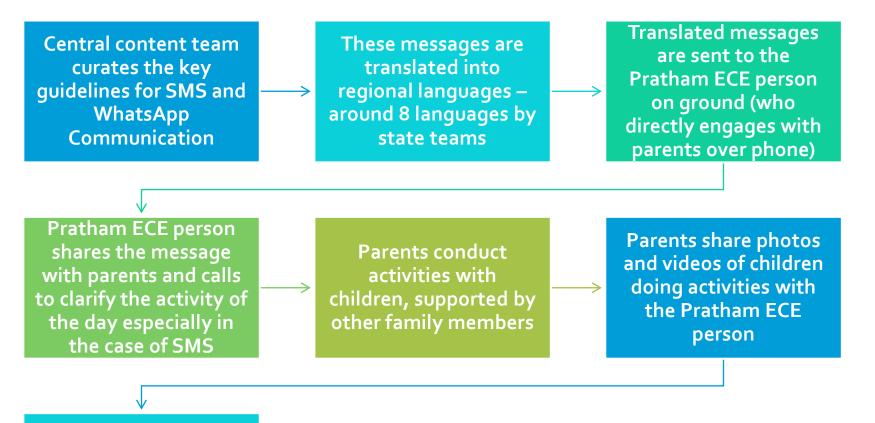
#### **COLLABORATIONS**

Working with **governments and other not -for-profits** to adapt to the changing times and reach the last mile learner

#### CONTENT

Pratham has curated content for learners across age groups in different Indian languages. Currently, we have **4,000+** videos, **1,000+** games and **3** learning applications.

## CONTINUOUS COMMUNICATION



Pratham ECE person conducts follow-up calls to understand challenges and take feedback

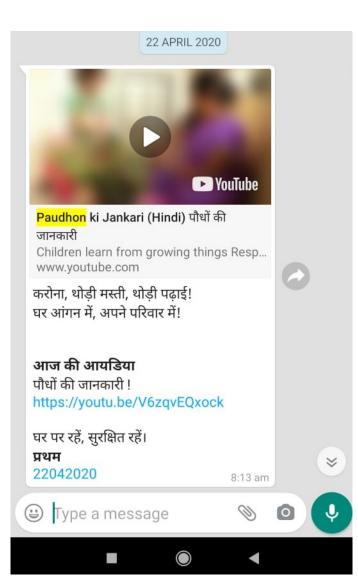
#### ENGAGING YOUNG CHILDREN AND ADULTS THROUGH PLAY

#### An example – we sent out a video of a pattern game and received multiple responses!



### WHATSAPP - WHAT WE SEND OUT AND WHAT WE GET BACK

#### Through WhatsApp – we sent out a video of a mother explaining how plants grow.



#### In return – we received the following responses!





# SMS - WHAT WE SEND OUT AND WHAT WE GET BACK

Take a bag and put different things in it—spoon, bangle, pencil or cap. Close your eyes. Put your hand in the bag. Touch any object and identify and talk about what you find.

एक थैली लें। उसमें अलग-अलग चीज़ें डालें जैसे चम्मच, चूड़ी, पेंसिल या ढक्कन। बच्चा आँख बंद कर ले। थैली में हाथ डाले। कोई भी चीज़ छूकर उसका नाम बताए। उस पर कुछ बोले।





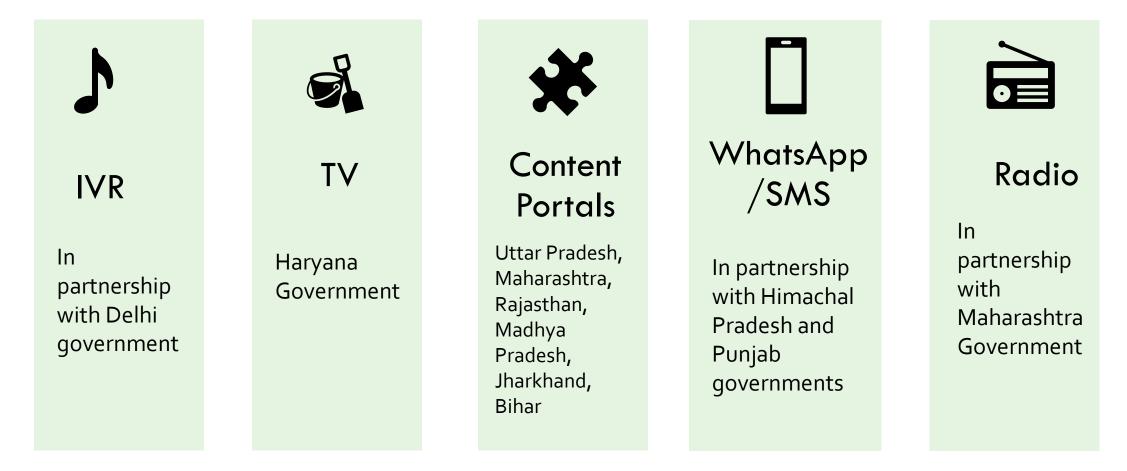
एक टोकरी में कुछ मटर या लहसुन लें। अपने बच्चे को दिखाएँ कि कैसे छीलते हैं। अब आप और आपका बच्चा साथ बैठकर कुछ मटर या लहसुन छीलें।

In a basket, take some peas or garlic. Show your child how to peel these. Now sit together and peel the peas or garlic with each other!



# PARTNERSHIPS - SUPPORTING GOVERNMENTS

# Pratham's digital content outreach across age groups through government systems has taken different forms



Pratham's total digital library of content across age groups in eleven Indian languages, is being utilized by **14 state** governments for their teachers and students.

# IMPACT

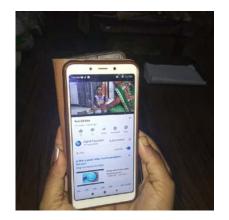
# 11,500 communities

across age-groups

# 3,000 communities

in the early childhood years

# **KEY LEARNINGS**



#### Content

Activities that were most popular were those which were easy to understand, fun and utilised materials that were easily accessible.





### **Communities**

Social structures within the villages (Anganwadi workers, volunteers, mothers' groups) are important to initiate and sustain momentum over time

### Communication

The "human connect" is most important – two-way communication through follow up calls help translate the messages into action

# MOVING FORWARD



Internal preparation - training our own teams to deal with the different situations (safety precautions). Learning online and training online



When the lockdown opens- a big celebration, hand-washing and safety precaution campaign



Look beyond education



Strengthen mothers' groups and communities to take the agenda of play forward

## **THANK YOU**



PrathamEducationFoundation
 @prathameducation
 @Pratham\_India
 www.pratham.org





Fostering parent-child engagement through play-based family routines during home quarantine

Marlene S. Floresca Education Program Specialist

Young children amidst COVID-19, ARNEC Webinar Series 28 May 2020

> ChaldFund Philippines





# CONTENT

- 1. About ChildFund Philippines
- 2. COVID-19 PH Situation
- 3. ChildFund PH's Home
  - based Family Activity Kits



# About ChildFund Philippines

- ChildFund Philippines is a country program of ChildFund International, a member of the **ChildFund Alliance**
- 48 years in the Philippines working with civil society organizations, currently 12 operating in 20 of the 81 provinces of the country
- Supports the development and protection of every child especially those in situations of:

Deprivation

Exclusion

**V**ulnerability



#### YOUNG CHILDREN AMIDST COVID-19

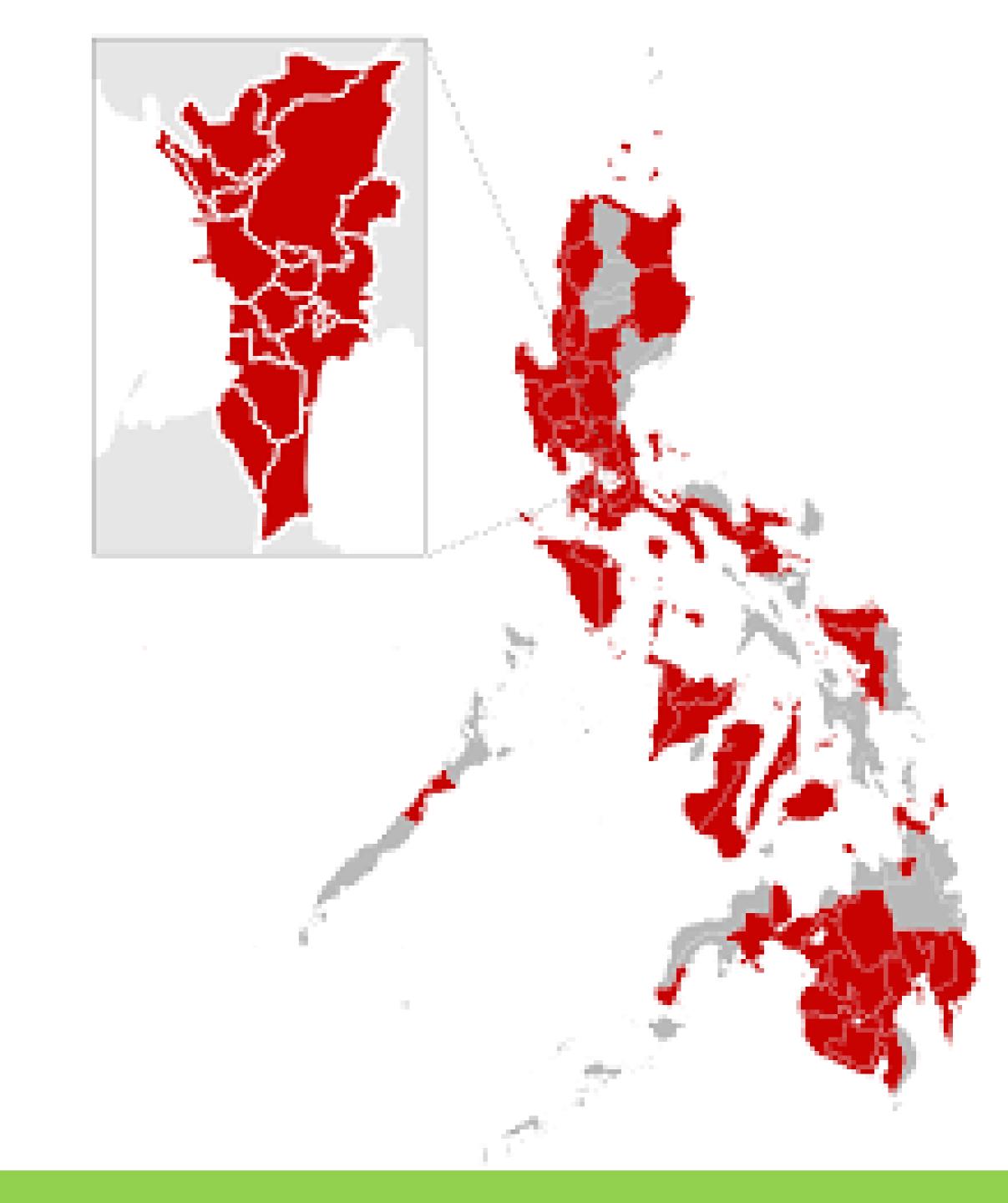
# **COVID-19 PH Situation**

# Overview

- o March 8: COVID-19 was declared as a public health emergency throughout the Philippines
- o March 16: Enhanced Community Quarantine was enforced in entire Luzon
- o Sessions in Child Development Centers have been suspended since then.

# Cases as of May 25

- o Total Confirmed Cases: 14, 319
- o Active Cases: 10, 123
- o Deaths: 873 (6.09% fatality rate)
- o Recoveries: 3, 323 (23.20% recovery rate)
- o Daily average of 200 new confirmed cases



#### YOUNG CHILDREN AMIDST COVID-19

# Key Issues

COVID-19 has exacerbated the conditions of majority of Filipinos who are already experiencing struggles for survival prior this pandemic.

- o Poverty
- o Food Security
- o Health –including mental health and wellbeing
- o Violence Against Women and Children
- o Human Rights issues
- Education : about 22 million children and youth have been affected by sudden closure of schools and ECD centers.



# Home-Based Family Activity Kits

### Rationale

Disruptions to learning; negative effects of prolonged home confinement on physical and mental development of children, psychosocial well-being because of extended community quarantine

### Objective

The Home-based Family Kits support each family in establishing their own daily routines to mitigate stress and conflicts that may possibly arise due to the prolonged home confinement. The play-based activity guides aim to strengthen parent-child engagement and support continued learning process of young children even at home.

### **Delivery Modes**

SMS-blasts (57% of enrolled families have a mobile phone); exploring online messaging and social media platforms (i.e., Facebook) and radio to expand reach

#### Status

Ongoing; our reach so far is 8,729 (61% of targeted 14,321 for SMS).





# Home-based Family Activity Kits Content

Simple, easy to follow instructions for play that parents/caregivers and children can do together at home to help establish a healthy daily routine during the quarantine period. The play activities also serve as jumpstarter for the daily/weekly themes inculcated in every session.

## **Guiding Principles:**

- ✓ Adherence to latest facts and verified information and familiarity with COVID-19 dedicated facilities and hotlines
- Ensuring safety, security, and belonging
- ✓ Relationship-building
- Equity, Inclusiveness, and Cultural Sensitivity - contents are translated in 5 local languages: Tagalog, Bisaya, llocano, Hiligaynon, Tausug



## **Weekly Themes**

## Week 1 (May 4-8)

What is COVID19 and what can I do to protect myself and my family? (references: WHO, UNICEF, UP, DepEd Commons)

## Week 2 (May 11-16)

Keeping myself, and my family healthy (reference: Right to Play)

## Week 3 (May 18-22)

My feelings and My Family's well-being (Right to Play; ChildFund's Socioemotional Learning modules)

# Week 4 (May 25-29)

Online Safety (Facebook's Digital Literacy Module for Parents)





YOUNG CHILDREN AMIDST COVID-19

Home-Based Family Activity Kits



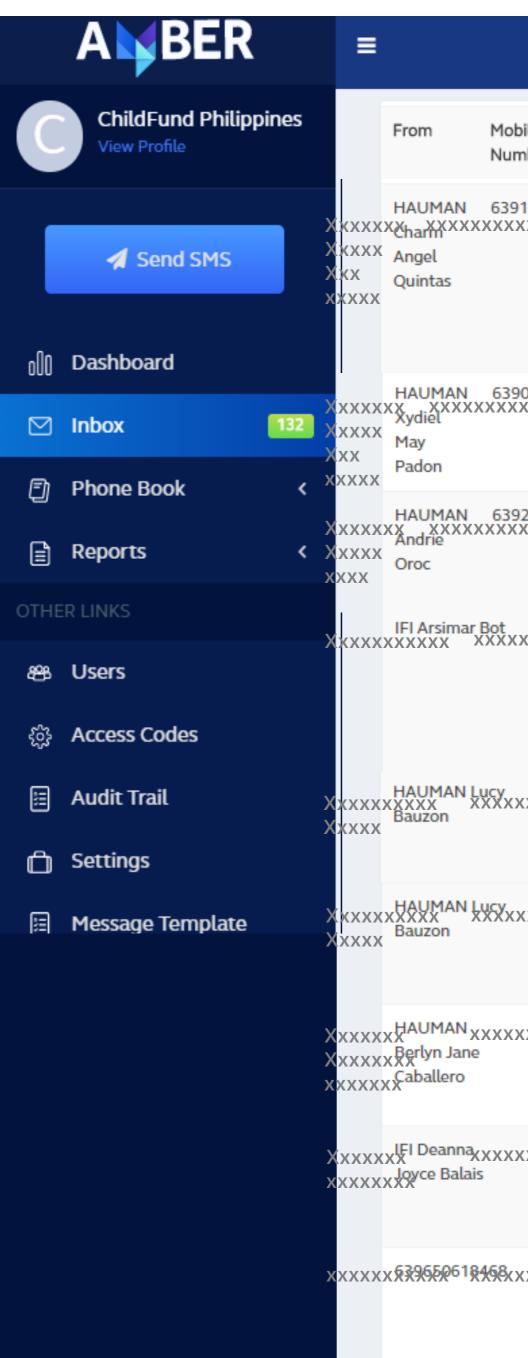




YOUNG CHILDREN AMIDST COVID-19

# Home-Based Family Activity Kits

Magtipon-tipon, umupo sa isang bilog at laruin ang Compliment Relay. Bawat myembro ng pamilya ay magpapasa ng compliment o papuri. Magsimula sa isang direksyon paikot at ulitin pabalik. Alalahanin na dapat bukal sa kalooban ang babanggitin na papuri. Basahan ng kwentong-pambata ang mga anak, o kung wala nito magbahagi si Nanay o Tatay ng isang kwento na kanyang narinig o natutunan noong sya ay bata. Ibahagi sa text kung ano ang iyong kwento at ano ang naramdaman ng buong pamilya habang ginagawa ang aktibidad na ito. Reply to 21587890 for Globe/TM or to 225657890 for Smart/TNT/Sun Text STOP to 21587890 for Globe/ TM or STOPSVC to 225657890 for Smart/TNT/Sun





Chi	ildi	Fun	d	Dhi
	itui	uli	u I	

obile mber	Message		Date	Ac
9 <mark>105811514</mark> XXXX	Ang naibahage ko pong kwento sa aking mga anak ay ang kwento ni langam at tipaklong.si langgam ay masipag. naman ay tamad.dumating ang panahon ng tag tuyot at tag gutom.abala c langgam sa pag ipon ng pagkain sama tipaklong ay abala rin sa paglalaro palukso lukso lang ang ginagawa.ng dumating ang panahon ng tag gurom,ular ay walang kaprobleproblema sa kanyang bahay madami siyang naimpok na pagkain.c tipaklong naman ay ginaw n gurom at walang pagkain ngpunta siya sa bahay ni langgam at humingi ng tulong at laking pagsisi niya sa nagawa naman ay pinatuloy niya si tipaklong sa kanyang bahay at binigyan ng pagkain at tubig si tipaklong.ang nakuhang anak sa kwentong ito ay mg imbak ng pagkain at huwag mg aksaya ng panahon lalo na ngayon my krisis tayong h	antalang si n at initc langgam na ginaw sa labas ang mali.si langam aral ng aking mga	May 7, 2020 8:21:21 AM	
9071301156 XXXX	Yes po,. Ginagawa nang mga bata sa amin routin nila ang mag dilig nang mga gulay sa bakuran naminat masaya ganun gawain, at stay at home lang kmi buong family		May 7, 2020 7:42:29 AM	
9216191393 XXX	8 Maganda po ang naisip ninyong paraan para po maiwasan namin ang stress ngayong panahon ng quarantine		May 7, 2020 7:38:20 AM	
6397587468 (XXXXXX	46876 Salamat Po Sa Pagbibigay Ng Ganitong Paraan Upang Malibang Po Kaming Mag Pamilya Lalo Na Ang Aking Miyembro Sa Programang Na Ito Ang Childfund At Mainam Po Ito Dahil Nasa ECQ Din Po Tayo. Ito Nga Gun At Doon Nga Binulong Ko Sa Aking Asawa Papunta Sa Aking Anak. AT Ito Yung Binulon g Ko Na Noong Dati Bata Pa Kami Ay Maaga Kaming Naulila Sa Aming Pamilya Dahil Maaga Itong Nawala At Ibinulong Ko Ito Sa Ito At Isinalaysay Agad Ang Ibinulong Ko Sa Kanya At Na Realise Niya Na Gaano Ka Importante Ang Isang B Sama–sama Sa Loob Ng BAHY AT nag pasa	nawa Kami Ng Bilog ng Panahon Na a Anak Ko,tumayo	May 7, 2020 5:57:14 PM	i
6391281902 XXXXXXXX	90272 Magandang hap0n.Matap0s namin gawin ang aktibidad.Naramdaman naming masayang laging kasama ang na pinupuri ka nang ibang tao dahil mabuti ang kalooban mo,maging totoo sa isa't-isaLalo na sa sarili.	ı isat-isa,masaya din	May 7, 2020 5:06:43 PM	
(XXXXXXXX)	90272 Magandang hap0n.Matap0s namin gawin ang aktibidad.Naramdaman naming masayang laging kasama ang na pinupuri ka nang ibang tao dahil mabuti ang kalooban mo,maging totoo sa isa't-isaLalo na sa sarili.	isat-isa,masaya din	May 7, 2020 5:06:43 PM	
xx <del>639389</del> 995!	Ang aking kwento n0ong akoy bata pa palaging nagkakasakit at isang malnores na bata ito po ang aking nar bata pa at nagpapasalamat ako ngayon kay GOD na hindi na ako nagkasakit sa ngayon yon po ang aking kwe nilalaro namin ang compliment relay ay isang masayang aktibidad at masaya kaming naglalaro kasama ang	ento at habang	May 7, 2020 3:08:34 PM	6
xx5222534765	76530 Habang binabasa ng anak ko ang kwento ng alamat ni pagong marami siyang tanong sa akin , bkit binigyan o pagkakataon na mamuno yun pala h indi naman raw nya kaya ,ang sagot ko kung binigyan k ng responsibilid mo ,huwag mong sayangin ang pagkkataon. ganun pala ma kung ut usan tayo dapat gampanin natin.		May 7, 2020 2:39:02 PM	
xx57775596184	18468 Ito ay ang kwento ni pagong at onggoy,kami ay nakinig sa kuwento at nagtawanan,at nagkaroon din kaming banding	pamilya ng	May 7, 2020 2:20:46 PM	



# YOUNG CHILDREN AMIDST COVID-19 Home-based Family Activity Kits



# Way forward ...

- Participant Feedbacking 0
- Integration to regular Ο programming for responsive and protective parenting
- Exploration and application 0 of other platforms





# THANK YOU!





# Increasing bonds between children and caregivers through play-based activities





### **Overall picture**

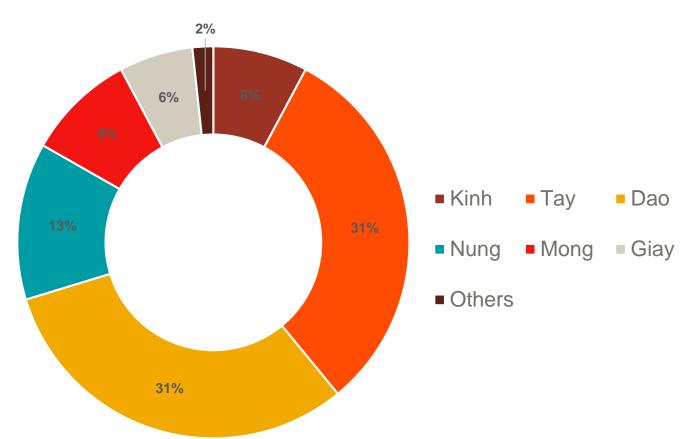
All schools were closed from end of January through April;

About 24 million students were out of school, of which approximately 15 million are ECD and primary school students, who are our key target groups



Increasing bonds between children and caregivers through play-based activities

# **Sending message to parents in Lao Cai** 500 parents have received the messages



Distribution of club members by ethnicity



Increasing bonds between children and caregivers through play-based activities

28 May 2020



#### Message 1

### **Themes:**

- Keep calm and manage stress
- Help children manage stress
- Apply positive parenting/disciplining
- Reflection, relaxation, and gratitude





Increasing bonds between children and caregivers through play-based activities

#### Message 2

### First part:

- Motor/Executive Function
- Language and literacy
- Cognitive and math
- Social-emotional
- Positive parenting

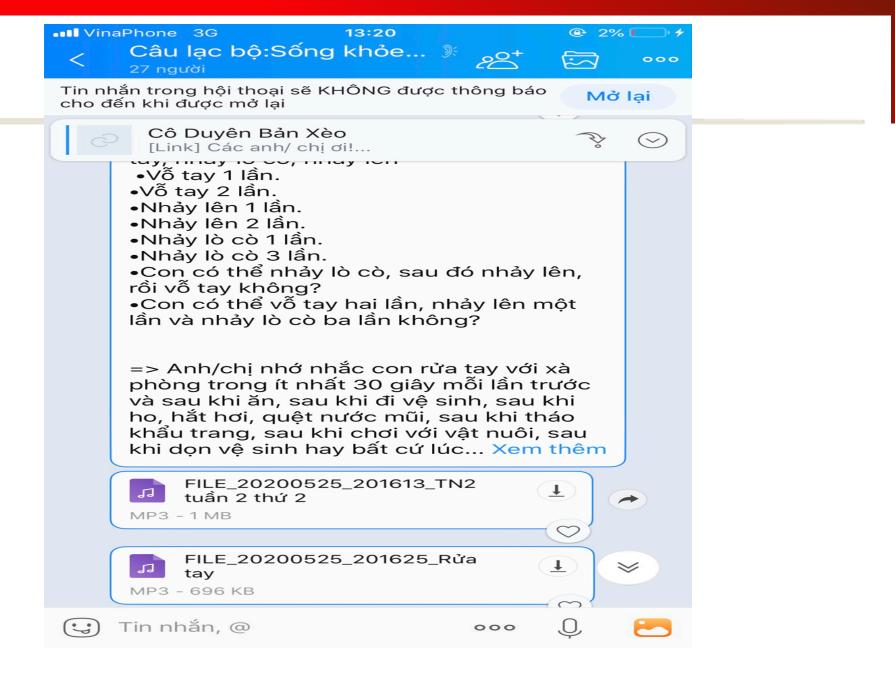
### Second part:

Health care



28 May 2020

7





Increasing bonds between children and caregivers through play-based activities

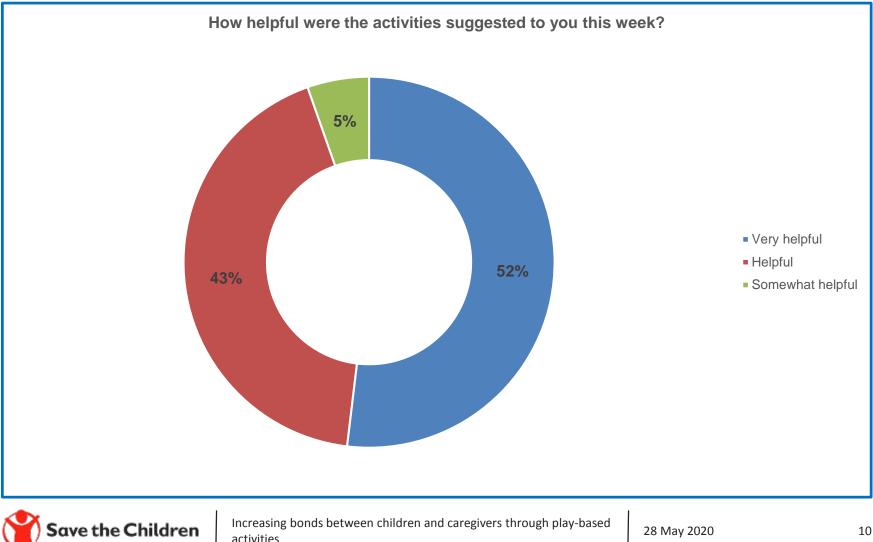




Increasing bonds between children and caregivers through play-based activities

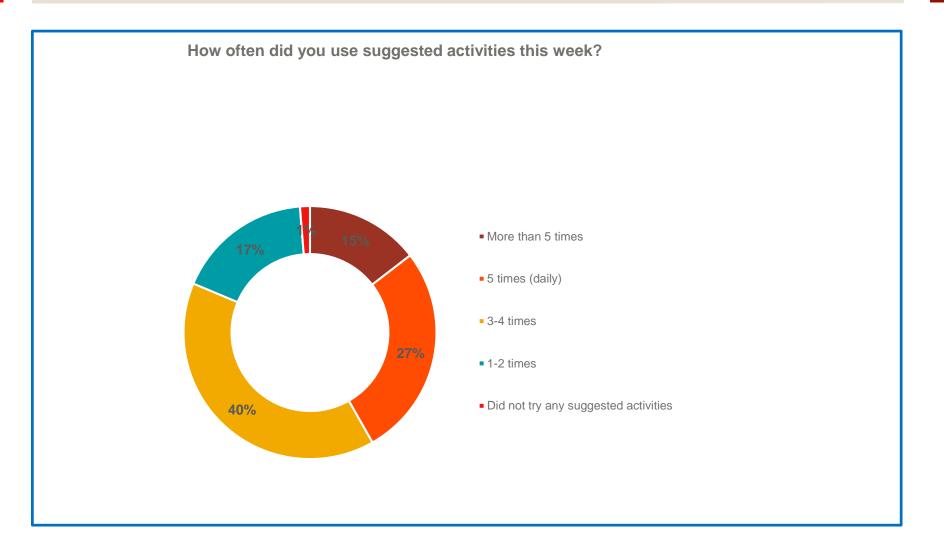
28 May 2020

#### **Findings**



activities

### **Findings**





Increasing bonds between children and caregivers through play-based activities

28 May 2020



Schools may be closed, but many learning opportunities are still open.



Increasing bonds between children and caregivers through play-based activities

28 May 2020

