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EXPLORATORY



Exploratory play involves:

- Exploring the world around them, using all senses to discover the texture and function of things.
- It involves curiosity, inquiry, reaching out, examining and using all of the body.



Parents supporting their child's exploratory play will look like:

- Observing their child and be with them as their child becomes aware of things around them.
- Providing opportunities, time and full attention to explore with their child, naming things and actions.
- Talking with their child, using gestures and affect to enhance the experiences

- Providing safe interesting resources for their child to explore that encourage the use of all senses.
- Sometimes demonstrating the use of objects in a fun way, while naming and using songs or rhymes.
- Encouraging body awareness and physical development through touch, naming, moving, stories, pictures, songs, rhymes, mirrors and games.

Exploratory play promotes:

- Critical thinking and resourcefulness
- Connect and positive relationships
- Stimulated brain connections
- Early cognitive development
- Problem- solving skills
- Good self-esteem
- Self-confidence

