

Preschool Field Officer Program: Let's Play Hide & Seek

WHAT YOU NEED

- People or family members to participate.
- A soft toy or other item if you prefer not to hide yourself.
- An indoor and/or outdoor area to play in. Decide on a safe play zone.
- Decide on a signal that will end the game. This will come in handy if the person cannot find the toy or the other person.

WHAT YOU COULD DO

- Hide and seek is favourite game for pre-schoolers. It is also a game that encourages rules and rules are an important part of our day to day lives.
- One person hides and the remainder need to find that person. If finding that person becomes challenging, you could ask the person hiding to make a sound.
- If your child doesn't like hiding you could hide one of there toys and then provide them with directions or a treasure map as to where to find the toy.

LEARNING OUTCOMES

- An understanding that objects are permanent and that they will return.
- Children develop flexible thinking and learn to adapt to new and unexpected circumstances.
- Children will be able to practice emotional regulation. Children may feel a little scared if they cannot find their parent for example.
- Children will develop problem solving and reasoning skills.
- Children can engage and practice social skills, such as turn taking and sharing.
- Children learn impulsive control as well as learning to plan and prioritise.



WORDS & PHRASES TO ENCOURAGE

Encourage your children to ask for clues and to give clues. For example:

- Is it near to the?
- Is it up high or down low?
- Are you behind a.....?
- Are you under a.....?
- Is it next to.....?

