

# Essential ingredients for healthy development

Play,  
movement  
and time  
outside

## SENSES



## Sight

We see through our eyes. We learn about colours, objects, shapes, sizes and distance. We can see movement and follow objects to catch a ball or walk down the street. We develop our sight through exploring colours, shapes and objects and using language to label or group like and different objects. We also have eye muscles that need strengthening looking at things up close and far away (think of a child crawling who is practicing looking at their hands and then up around the room).

## Activity ideas

- ➔ Explore your backyard, park, bushland or beach using a scavenger hunt (make your own or search the internet for picture or word based lists) or play games like “I spy...” using colours, shapes or letters. See the following information: [raisingchildren.net.au/guides/activity-guides/noticing-nature-walk-activity-for-children-3-6-years](https://raisingchildren.net.au/guides/activity-guides/noticing-nature-walk-activity-for-children-3-6-years)
- ➔ Take out binoculars or magnifying glasses - allow the children to explore and see the adventure they create. Young children are often happy with a toilet paper roll.
- ➔ Take time to sit quietly and watch. Explore different times of day. Early mornings or evenings you may notice birds begin to fly around, call out to each other or hunt for food. Talk about what is the same or different about the animals and plants you see. You can even try to identify them when back home.
- ➔ Make time to walk, run, ride, climb and roll outside. This helps the eye muscles to move at different speeds, directions and focus at different distances.
- ➔ Try spinning and balance activities with eyes open and then shut. Fixing your eyes on one spot and then not. Children will learn how much they use their eyes to move.

## Make it easier

- Young children learn to understand what they see with other senses such as touch so look at exploring objects they can touch and limit it to 1-3 objects initially

## Add challenge

- + Add memory, speed or time challenges to the activity with some friendly competition. As a rough rule children can recall the number of objects of their age (e.g. 3 items for a 3 year old) up until 7. On average adults can only remember a sequence of 7 items before needing to group them.