

Healthy Movers

Hide and Seek



**Photocopy me to share
with parents and carers**

Parents/Carers

This week we are playing the Hide and Seek activity card. The children will use small pieces of equipment such as bean bags, balls or scarves, to hide under, behind, next to or inside. This will help children to understand positional language and vocabulary.

Ask your child to:

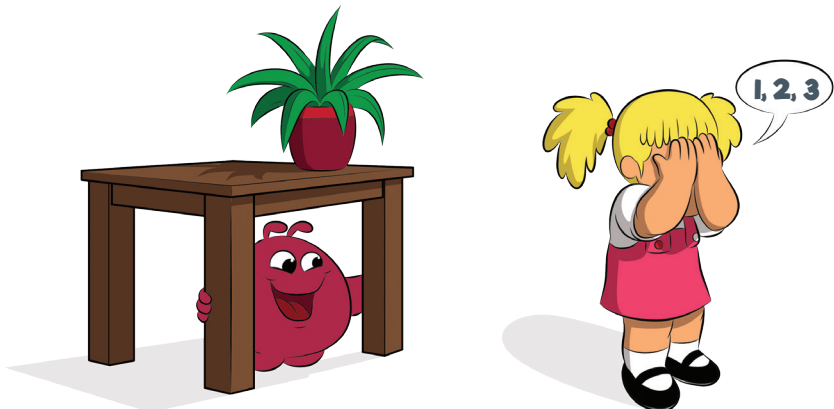
- ☐ show you the different ways they have been hiding. You can use cushions, towels or other household objects to hide with at home.
- ☐ tell you the words that describe how they are hiding.

Try to play this each day so they can practise. A great saying is:

Tell me, I'll forget

Show me, I'll remember

Involve me, I'll understand



Healthy and Happy me

The Hide and Seek activities provide a range of different actions for children to choose from, allowing preferences to develop.



Social me

Swapping equipment encourages cooperative play and sharing.



Physical me

These activities support balance and stability, different ways of moving, tiptoes, marching and crawling and also control of an object.



Creative me

Children can use their imagination to hide.



Thinking me

These Hide and Seek activities help children's knowledge and understanding of positional language (behind, in front, next to, beside, under).



Did you know?



Physical play is a great way to help children experience positional language. It's very hard to describe what we mean by "behind" or "under" without actually experiencing it. Encouraging children to have a go at these words during play it will help them to understand and remember.