

# LAUNDRY DAY AND FANTASY PLAY

Develops core muscles, develop strong pencil grip, pattern and pattern recognition, pre-proprioception, gross motor skills, fine motor skills, hand-eye coordination

## 1. HANGING LAUNDRY

Set up a small washing line (at head height for safety) between two sturdy chairs or other items of furniture that are well-secured. Provide your child with a basket of washing to hang up on the line. Using pegs will help them strengthen their pencil grip.

You can use wet or dry washing. If you decide to use wet washing, you can talk to them about how the clothing will dry out more quickly in the sunshine or with a breeze. Science can be introduced in small increments.

Once the laundry is dry, encourage your child to take down the laundry and place it back in the laundry basket.

**Enrichment:** If you have given your child a number of socks to hang up, ask them to sort the socks into pairs.

## 2. FANTASY PLAY

Encourage your child to place the laundry basket (if they are able to safely carry it) in a sunny spot in front of a mirror and invite them to begin trying on the clothes. Old and unused clothes work best for this, such as men's shirts, dresses and ties. To the basket, add items like old watches, hats and other items that might be fun for your child to play with.

This is an ideal opportunity for your child to practise their fine motor skills as they do up buttons and other closures.



### 3. MUSIC PLAY

With longer, thinner items like scarves, you can encourage your child to dance with the scarves to classical music. If they're a little older, you could tie a scarf to a thin dowel rod and allow your child to play with it as they would a flag. This is an excellent opportunity to develop gross motor skills, hand-eye coordination, crossing the midline, creative thinking and imagination, listening skills, rhythm and movement, and phonological awareness.

### A NOTE ON CREATIVITY

This exercise gives your child the freedom and space to be creative. When they are ready to write while at primary school, they will find creative writing much easier having spent their childhood engaged in creative pursuits. The child can think creatively, speak creatively and later write creatively.

**Extension:** Introduce other props into the basket of fantasy items. Things like pots and pans, blankets and other unused household items can stimulate a child's creativity.

