



INCLUSIVE PLAY

This document is to provide guidance and ideas on how to create environmental support for children with disabilities in your playgroup.

Build on Children's Interests

For example: A play area for Whale lovers

Aside from fostering cognitive development, a themed table may spark curiosity and excitement, encouraging children to engage and interact more actively. A themed table can encourage group play, sparking conversations and interactions among children. It provides a shared focus and common ground for kids to play together, fostering social skills like cooperation, sharing, and communication.



Choose Activities that Children with Different Abilities can do at Different levels.

For example: Kinetic Sand is not appropriate for children under 3 years old but painting, playing with cardboard boxes, building blocks as well as reading and singing are great for everyone.



Arrange Furniture and Equipment with a Wide Aisle so Children can Move Around More Freely.

Overcrowded or cluttered spaces can be overwhelming for some children, especially those with sensory sensitivities. A wide aisle space provides a more open and calming environment, reducing potential sensory overload.



Provide a Cosy, Quiet Space.

Creating a designated quiet space reinforces to children that their emotional well-being matters and that it's acceptable and healthy to take breaks when needed. It supports their emotional regulation, reduces stress, and provides them with a safe haven in busy or overwhelming environments.

The space can double up and be your reading area as well.



Secure and Stabilise Objects.

For example: Secure paper, mixing bowls or wood blocks to the table/floor so they remain in places as the child paints, draws, or hammers.



Place Resources, Toys, and Equipment on Low Shelves.

Allowing children to access these independently and encourage children to make choices in their play.



Provide Materials of Different Textures to Simulate the Sense of Touch.

Sand play, water play, collages, play dough, finger paints as everyday learning activities for sensory stimulation.



As a Playgroup, have a Regular Routine and Follow the Routine as Consistently as Possible.

This can assist children with additional needs to feel comfortable in the setting. Routines provide a sense of stability and security, reducing anxiety and stress that can result from unpredictable situations. Knowing what to expect at certain times of the day can help these children feel more comfortable and in control.

If you have any questions, please don't hesitate to contact us. Follow us on social media or subscribe to our monthly newsletter via our website for updates, great tips and much more.