SUGGESTED EXERCISES

# Observing free play in the nursery



**Video:** [Baby playing freely](http://cpe-pn.ccdmd.qc.ca/fiche/bebe-en-jeu-libre)

## Objectives

* Promoting a healthy lifestyle for children.
* Creating a safe environment in an educational childcare centre.
* Promoting children’s holistic development.
* Building a positive relationship with children.
* Building a relationship of trust with children’s families.
* Organizing the educational environment.
* Integrating the language and culture of belonging into educational practices.

## Activity details

Approximate duration: 4 hrs

STEP 1

1. Watch the video clip as a group or individually.

STEP 2

1. Divide the group into three teams and have each group prepare a short oral presentation. The instructions are as follows:
2. Each team receives a topic and talking points related to the video clip.
3. Each team has 30 minutes to prepare by searching the internet or consulting reference materials.
4. Each team has 10 minutes to present to the rest of the group and interact with colleagues.
5. During their presentation, each team needs to integrate the other group members to keep the conversation going and encourage discussion.
6. The teams follow their respective assigned topics and instructions:

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| **TEAM 1: Facilitate an educational team meeting with an agenda that includes the following topics:**  |
| 1. Identify, in a professional manner, what the children are learning during this free play.
2. Identify and explain the key elements of infant development observed in this video clip.
3. Identify and explain the important elements to be considered in the nursery layout to promote free play.
4. Identify and explain ways to create a meaningful and lasting relationship with the infant.
5. Develop a list of materials that could be added to a room for 0-to-18-month-olds to align educational practices with the language and culture of belonging.
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| **TEAM 2: Prepare and facilitate an information session for parents in the educational childcare centre that addresses the following points:** |
| 1. Support parents in their understanding of free play and its importance in a child’s development.
2. Support parents in observing their child’s development.
3. Support parents in recognizing their baby’s real needs.
4. Equip parents to choose educational materials for their infant to encourage holistic development.
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| **TEAM 3: Prepare and facilitate a nursery development conference respecting the following points:** |
| 1. Submit a layout plan for a nursery that promotes sensory exploration and free play among 0-to-18-month-olds.
2. Identify and explain the elements observed in the video clip that demonstrate that the living space is comfortable and warm.
3. Make a list of materials that could be incorporated into a room for 0-to-18-month-olds to align educational practices with the language and culture of belonging.
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STEP 3

1. Make the presentations.
2. You must leave time for a question period at the end of each presentation.

STEP 4

1. Back in the main group, restart the discussion to continue learning by answering the following additional questions:
* What is the role of the educator during free play?
* What did you find surprising in this clip?
* For the child, what are the benefits of being able to play freely?
* What is your takeaway from this activity?
* What do you think is most important for your future practice and profession?