

EXPLORE AND DISCOVER



Hide and Seek



Do you remember the delight in finding a hiding space, the anticipation of waiting and the excitement of being found?

Hide and seek is so much fun!

WHAT YOU NEED:

- People to participate.
- A soft toy, or other items if you prefer not to hide yourself.
- An indoor or outdoor area to play in. Decide on a safe play zone and boundaries to play within.
- Decide on a signal that ends the game. This will be handy if the hiding place is too difficult to locate or it is time to go home.



WHAT YOU COULD DO:

We all know how to play - it's just finding the time.

For babies: Peek-a-Boo is the first hide and seek game.

For toddlers: hiding a toy for them to find is another step in exploring and discovering.

For pre-schoolers: hide and seek with adults and friends is a favourite game and rules become important.

Enjoy the anticipation, delight in the laughter and acknowledge the tears and disappointment that sometimes occur when you are found.

WHAT LEARNING IS HAPPENING?

- Young children begin to understand that objects are permanent and that they will return.
- Flexible thinking is developed as children adapt to unexpected or new circumstances.
- Emotion control is practiced as children begin to modulate strong feelings. I may feel a little scared, not knowing where my friend/parent is, but I really want to play (and find them), so I'll keep going.
- Problem-solving and reasoning skills are utilised as children use trial and error or a planned process of investigation in search of the person or object or locating a hiding place.
- There are opportunities to practice social skills. Children take part in taking turns with the role of hiding and seeking alternated and will learn to deal with the conflict between participants.
- Physical skills of running, balancing, navigating and managing their bodies in small spaces will be practiced.
- Trust in others will be developed as participants agree on and follow the rules. These could include how long to count before seeking, or covering your eyes whilst others hide.

To learn more: <https://bit.ly/hide-and-peek2>.

WHERE TO NEXT?

- A variation could be to hide a toy or object and give directions to the child to follow. 'Take two large steps forward, walk down three steps and turn to the window. Now look under the cushion.'
- A treasure hunt could be organised where a certain number of items are hidden, and the child could search for them. You could use toys, small figures, animals - the smaller the object or, the larger the quantity, the more difficult the challenge.
- Remember not to hide precious or sentimental items in case they are hidden so well they can't be found easily.

