

The greatest sign of success for a teacher... is to be able to say, 'The children are now working as if I did not exist.'

- M. Montessori

Adulthood

Self reliance, increased confidence, physical skills, “can do attitude” independence, resilience, self regulation awareness, emotional intelligence

Check in/Communication opport.

- Help others with their emotions
- Share positive experience (wins)
- Listen/talk to others (friends), share
- No judgement, free to explore emotion
- Explore emotions while resting
- I will do this because I want to :
Share (in my way) the things I am doing and have done, say hello

Summer themes

Water play, painting, shadow drawing, cut grass fights, hide and seek, treasure hunts,

Maintenance of site

Making instruments and playing instruments

Play, while it cannot change the external realities of children’s lives, can be a vehicle for children to explore and enjoy their differences and similarities and to create, even for a brief time, a more just world where everyone is an equal and valued participant.

Patricia G. Ramsey

Spring themes

New plants and leaves, dandelion activities, making nests/shelters

Easter craft activities

Mini beast hunting, tree ID

Shelter/Fire

“If you trust play, you will not have to control your child’s development as much. Play will raise the child in ways you can never imagine.”

Vince Gowmon

Autumnal themes

Colourful leaves/seeds/berries for sorting and using in art. Using to eat

Tree planting/gardening, wood processing, Christmas craft, wind chimes/ kites

Cold weather—ice snow play

Shelter/Fire

Individual Session Impact

Communication and social benefits:

- Shared experiences
- Social play
- Sharing resources
- Discussion of emotions
- Raised emotional intelligence
- Requesting
- Modelling

Individual Session Impact

Physical benefits:

- Sensory regulation— heavy work, calming/alerting activities
- Happy hormones: Serotonin, oxytocin, dopamine, adrenaline, endorphins
- Physical strength
- Improved gross and fine motor skills
- Resilience

Individual Session Impact

Cognitive/Academic:

- Utilisation and improvement of executive thinking skills
- Learn by compulsion rather than authority
- Willingness to “try it out”
- Increased independence and self reliance

Art activities

- Create things because they want to
- Use tools successfully
- Work with others (common goal)
- Be safe around tools
- Make food or fuel

I will do this because I want to :
Enjoy the end product, find process satisfying, want to improve

Risky/Adventure play

- Find limit—push past it
- Reach the limit and achieve
- Support friends
- Supported to try things
- Not participate when too much

I will do this because I want to :
Get a “buzz”, use some energy, sensory, have fun

Messy play

- Know materials, create using knowl.
- Create something
- Share experience
- Make a mess in a reduced risk env.
- Calm through sensory experience

I will do this because I want to...
Sensory, satisfying, fun

Craft

- Create things because they want to
- Complete something challenging
- Work with others (common goal)
- Be safe around tools
- Make something for someone

I will do this because I want to...
Enjoy the end product, find process satisfying, want to improve

Tool use

- Use them because they want to
- Use tools successfully
- Work with others (common goal)
- Be safe around tools
- Make food or fuel

I will do this because I want to...
Enjoy the process— find it satisfying, understand the need to

Fire

- Create fire and cook fully indep.
- Create fire!
- Sit round fire with others
- Be safe around fire (eqpmnt)
- Enjoy food and heat from fire

I will do this because I want to...
Eat something, Relax, Be warm

Intrinsic Motivation

Self-actualization: achieving one's full potential, including creative activities

Esteem needs: prestige and feeling of accomplishment

Belongingness and love needs: intimate relationships, friends

Safety needs: security, safety

Physiological needs: food, water, warmth, rest

Self-fulfillment needs

Psychological needs

Basic needs