Uncovering the Treasure
Under the Swing

The secret language of play

Yaara Bashan Haham, Israel
The secret language of play

Yaara Bashan Haham, Israel

[Link to the video of the presentation](https://youtu.be/OnjvXVTNRHY)
You are going to have a big baby...

1963
Congratulations, you have a girl...
but...
2. paste  [Yaara]  

1. copy  [Keren]
Language
Knowledge
Choice
Food
Size

Color

Taste

Smell

Touch

Sound
### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/10 pie (128g)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>320</td>
<td>14%</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>130</td>
<td>20%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>15g</td>
<td>23%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3.5g</td>
<td>21%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>4g</td>
<td>2%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>170mg</td>
<td>7%</td>
</tr>
<tr>
<td>Potassium</td>
<td>390mg</td>
<td>12%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>47g</td>
<td>15%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars</td>
<td>29g</td>
<td>7%</td>
</tr>
<tr>
<td>Protein</td>
<td>18g</td>
<td>3%</td>
</tr>
</tbody>
</table>

#### Daily Values

- **Calories**: 240
- **Calories from Fat**: 130
- **Total Fat**: 15g
- **Saturated Fat**: 3.5g
- **Trans Fat**: 4g
- **Cholesterol**: 0mg
- **Sodium**: 170mg
- **Potassium**: 390mg
- **Total Carbohydrate**: 47g
- **Dietary Fiber**: 2g
- **Sugars**: 29g
- **Protein**: 18g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*
Language
Knowledge
Choice
<table>
<thead>
<tr>
<th>Regulation of strength</th>
<th>Language enrichment</th>
<th>Identify limitations</th>
<th>Trial and error</th>
<th>Organization &amp; classification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coping with challenges</td>
<td>Independence</td>
<td>Spatial orientation</td>
<td>Choosing partners</td>
<td>Resource management</td>
</tr>
<tr>
<td>Safety</td>
<td>Coping with anxiety</td>
<td>Choosing &amp; Decision-Making</td>
<td>Delaying gratification</td>
<td></td>
</tr>
<tr>
<td>Curiosity and exploring</td>
<td>Developing an imagination</td>
<td>Creative thinking</td>
<td></td>
<td>Communication</td>
</tr>
<tr>
<td>Mathematical reasoning</td>
<td>Balance</td>
<td>Choosing partners</td>
<td>Rules of behavior in society</td>
<td></td>
</tr>
<tr>
<td>Learning to follow the body</td>
<td>Fun and enjoyment</td>
<td>Cooperation</td>
<td>Identifying opportunities</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Perception of time</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Yielding and consideration</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
</tr>
<tr>
<td>----</td>
<td>--------------------------------------------</td>
<td>-------------------------------------------</td>
<td>------------------------------------------</td>
<td>-------------------------------------------</td>
</tr>
<tr>
<td>1</td>
<td>Regulation of stress</td>
<td>Identify limitations</td>
<td>Trial and error</td>
<td>Organization &amp; classification</td>
</tr>
<tr>
<td>2</td>
<td>Safety</td>
<td>Spatial orientation</td>
<td>Choosing partners</td>
<td>Resource management</td>
</tr>
<tr>
<td>3</td>
<td>Coping with anxiety</td>
<td>Choosing &amp; Decision-Making</td>
<td>Delay &amp; decision making</td>
<td>Communication</td>
</tr>
<tr>
<td>4</td>
<td>Curiosity and exploring</td>
<td>Developing an imagination</td>
<td>Creativity</td>
<td>Communication</td>
</tr>
<tr>
<td>5</td>
<td>Mathematical reasoning</td>
<td>Creative thinking</td>
<td>Choosing partners</td>
<td>Rules of behavior in society</td>
</tr>
<tr>
<td>6</td>
<td>Learning to know the body</td>
<td>Fun and enjoyment</td>
<td>Cooperation</td>
<td>Identifying opportunities</td>
</tr>
<tr>
<td>7</td>
<td>Perception of time</td>
<td>Yielding and consideration</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

©All rights reserved to Yaara Bashan Haham
Language
Knowledge
Choice
What's this?

- Independence
- Balance
- Coordination
- Muscle strengthening
- Rhythmic and cyclical
- Spatial perception
- Challenge
- Determination, practice and perseverance
- Identifying opportunities
- Creativity
- Waiver
- Materials
- Textures
- Geometry
- Physics

After
- Swing
- Fun
- Pleasure

Before

©All rights reserved to Yaara Bashan Haham
Nutrition Facts
Activity Time – 1 hour

Skipping
Calories 320 per hour
Developing eye-leg coordination
Training timing
Coping with challenge
Cooperating
Organization and planning
Muscle strengthening

Vitamin D
Activity Time – 1 hour

Calories 150 per hour

Sensory activity
Learning about materials
Hand muscles strengthening
Fun & pleasure
Cooperating
Considering each other
Developing hand-eye coordination
Organization and planning

Vitamin D

Nutrition Facts

Playing with sand

©All rights reserved to Yaara Bashan Haham
## Nutrition Facts

### Activity Time – 1 hour

<table>
<thead>
<tr>
<th>Activity</th>
<th>Calories per hour</th>
</tr>
</thead>
<tbody>
<tr>
<td>Riding bicycle</td>
<td>230</td>
</tr>
</tbody>
</table>

- Balancing
- Developing spatial orientation
- Rules
- Fun & pleasure
- Developing vestibular system
- Considering each other
- Muscle strengthening
- Developing coordination

©All rights reserved to Yaara Bashan Haham
Nutrition Facts
Activity Time – 1 hour

Climbing on a Ladder

Calories 180 per hour
Developing Vestibular System
Coping with challenge
Muscle strengthening
Fun
Organization and planning
Muscular posture
Coordination

Vitamin D
1. Parents
2. Planners
1. Parents
2. Planners
How would you shorten this line, without touching it?
Dangers
Injuries
Pain
Lawsuits
Benefits
# Benefits

The Secret Language of Play

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regulation of</td>
<td>Identify limitations</td>
<td>Trial and error</td>
<td>Organization &amp; classification</td>
<td></td>
</tr>
<tr>
<td>stress</td>
<td>Spatial orientation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anxiety</td>
<td>Choosing &amp; Decision-Making</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Curiosity and</td>
<td>Coping with anxiety</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>exploring</td>
<td>Developing an imaginary</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mathematical</td>
<td>Learning to know the body</td>
<td>Fun and enjoyment</td>
<td>Rules of behavior in society</td>
<td></td>
</tr>
<tr>
<td>reasons</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Perception of</td>
<td></td>
<td></td>
<td>Identifying opportunities</td>
<td></td>
</tr>
<tr>
<td>time</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

©All rights reserved to Yaara Bashan Haham
Study  Work  Play
“Enough playing, now go and study!”

“He’s just playing...”
Study  Work  Play
1. Parents

2. Planners
Adapting play equipment to the needs and behavior of children
A survey of 700 playgrounds all over Israel 2010-2011
80% of Israeli Children Are not exposed on a daily basis to equipment that encourages them to hang by their hands.

- **3%** parallels
- **5%** rings
- **10%** bars
- **16%** monkey bars

From a survey of 700 playgrounds all over Israel 2010-2011
Preparing For 1st Grade in Playground

Coping with challenges
Muscle Strengthening

1st Grade

Dealing with Tasks
Seated Stability
A Good Pencil Grip
This is my motto
Uncovering the Treasure under the Swing |  The secret Language of Play
Facebook: Yaara Bashan Haham | yaarahaham@gmail.com | +972-54-2490390