

The benefits of sand play

The sand pit can often be one of those places where children are left to their own play, often because educators don't want to get sandy, but it is such a great place to learn about children's ideas and development.



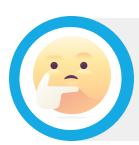
Sensory

Sand is a great tactile experience and challenges children's sensory systems in many ways. As they walk and move through the sand it shifts and changes which requires children to adjust accordingly with balance and muscle control to respond to the sensory vestibular input.



Creativity

Sand is an extremely open ended resource and children need very few tools, if any, to be able to play with sand. You will be able to see children's interests come to life as they make the sandpit into whatever it seems to them. A beach, a kitchen, a construction site, a garden, etc.



Problem solving

Sand is a challenging material to work with as it shifts and moves based on the slightest changes to the surrounding area. This requires children to adapt and problem solve how to prevent holes collapsing and how much water to add to stabilise the sand, before it becomes too wet.



STEM

Sand allows for all aspects of STEM with Science exploring the properties of the sand and what it is made out of etc, Technology exploring how different tools can be used to use the sand, Engineering exploring how to build with the sand, and Maths with measurements and weights of sand.



Social skills

As sand can be used for so many different topics and there are so many different ideas going on in the one place this is a great opportunity to observe how children play together and share their ideas and space with each other, without getting in each other's way.