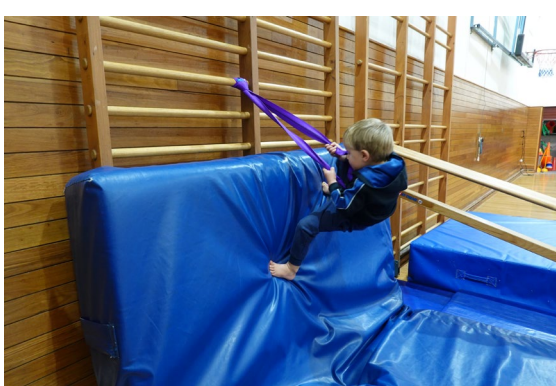


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Climbing activities significantly influence brain development in children by promoting a range of cognitive, motor, and emotional benefits. Climbing engages both fine motor skills (gripping holds) and gross motor skills (whole body movements). This dual engagement strengthens neural connections related to motor control and coordination. It builds muscle strength and stamina, particularly in the arms, legs, and core.

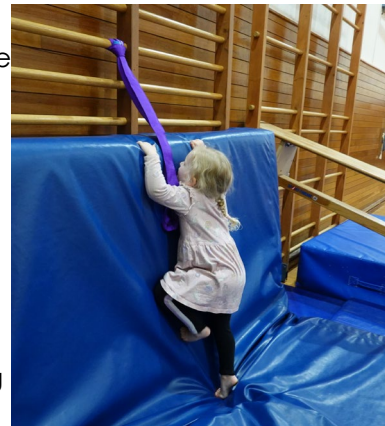
Successfully coordinating the body and overcoming challenges boosts self-confidence and self-esteem. Engaging in climbing activities stimulates neuroplasticity, the brain's ability to form new neural connections. This adaptability enhances learning and cognitive flexibility, beneficial for overall brain function.



Today we set up a climbing activity which is rather challenging for the children as they need to work out a suitable strategy of getting up onto the slippery mat with only a strap to hold onto. This requires motor planning and the ability to adjust the body. Hereby it is crucial to give children time to explore various strategies through trial and error and not assist too much, so that children can figure out what works best for them..



Milan figured out that leaning backwards helped him walk his feet up but he found it difficult to let go off one hand in order to move up along the strap. This resulted in him dangling and swaying whilst attempting to place one foot on the mat. He held on tight demonstrating strength and perseverance and ultimately succeeded despite the added difficulties. Aria returned for many attempts and worked on achieving an upwards move. She came very close numerous times but was not quite high enough to position her feet on top just yet. She demonstrated perseverance as well as she kept lining up and waiting for another turn, showing great determination.



Sebastian had already worked out that he must lean outwards to succeed. He too struggled a little with moving his hands as he needed both to support himself. He pulled himself up and quickly grabbed the rungs of the ladder to pull himself up before enjoying the jump off onto the crash mat.

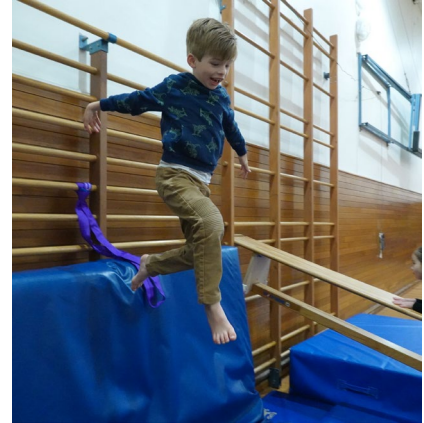
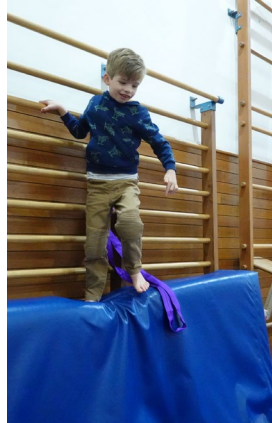


Pulling up one's body weight builds strong muscles and fosters proprioception. Overcoming challenges fosters self-efficacy and a real sense of achievement.

EYLF OUTCOME 3: CHILDREN HAVE A STRONG SENSE OF WELLBEING
Children become strong in their physical learning and mental wellbeing

12.06.2024

For Lars it was the first time that he joined the sport session, so he was unfamiliar with this activity. He seemed keen to try and tested out how best he could get up. Initially he kept dropping off but he reorganised himself to try again and again. With a little practice, he eventually managed to get up onto the mat and happily leapt off. When Lars later returned for subsequent rounds, he achieved success much faster as he had found strategies to better coordinate his moves..



EYLF Outcome 3: Children have a strong sense of wellbeing

Wellbeing incorporates both physical and psychological aspects and is central to belonging, being and becoming. A strong sense of wellbeing strengthens a sense of belonging and encourages children to trust others and feel confident in being. Wellbeing incorporates feelings of happiness and the motivation to optimistically engage in experiences that contribute to becoming.

Wellbeing includes physical health, fitness, activity and leisure, nutrition, sleep and rest, feelings of satisfaction and successful social functioning. It influences the way children interact in their environments. A strong sense of wellbeing provides all children with confidence and optimism which maximise their learning potential. Children's positive mental health is assisted and supported by educators and monitored.

Wellbeing is related to resilience, providing children with the capacity to cope with day-to-day stress and challenges. Managing emotions, developing self-regulation and building perseverance and persistence are all parts of developing executive function which are higher order cognitive functioning processes in the brain. Children's wellbeing is linked to executive function. The readiness to persevere when faced with unfamiliar and challenging learning situations creates the opportunity for success and achievement. The connections between children's sensory, physical and motor systems are evident in the early purposeful activities of very young children who coordinate physical, sensory and cognitive actions to explore and learn about their world. Children's growing active physical play promotes strength, coordination and stamina, cooperation and teamwork, confidence, leadership and self-esteem.

