

# Everybody Plays

Inclusive playgroup, birth to 5 with caregiver  
Session overview

1. Welcome/Opening circle (5 minutes): use prop (egg shaker, pop tubes, etc.) to focus attention; introduce facilitators; hello song
2. Free play time: **gross motor play** – tunnel/tent, balance path, stepping stones, crawling tunnel, balls; **fine motor play** – puzzles, manipulatives; **creative play/social skill building** – trains or vehicles and people, food/kitchen, dress-up; **sensory play** – rice, beans, water beads, shaving cream, water, play dough
3. Five minute transition time (alert children of five more minutes to play)
4. Closing circle: get attention with clap or chime; “If You're Happy and You Know It” or other familiar song; good-bye song.

Other considerations: adjustable or low lighting, quiet spot for calming, keep number of activity centers appropriate for available space