

# Engaging With Core Competencies Through Play

*Everyday activities like games, play, and music are opportunities to help students develop their core competencies.*

*The following pages can be used as a guide for discussions and reflection about Core Competencies.*



**Communication:**  
Communicating  
Collaborating



**Thinking:**  
Creative Thinking  
Critical and Reflective Thinking



**Personal and Social:**  
Personal Awareness and Responsibility  
Positive Personal and Cultural Identity  
Social Awareness and Responsibility



1. Physical Activity



2. Pretend and Dramatic Play



3. Construction and Exploratory Play



4. Art and Music



5. Outdoor Activities



6. Games with Rules



*For more activities to help further develop the core competencies visit 'Everyday Activities' at <https://www.openschool.bc.ca/keeplearning/>*



## 1. Physical Activity



Activity →  
Core comp. →  
Prompt →

<p><b>Sports</b>  </p> <ul style="list-style-type: none"> <li>I can make group agreements</li> </ul> <p> <i>How did you determine the rules of the game?</i></p>	<p><b>Running or Walking</b>  </p> <ul style="list-style-type: none"> <li>I can keep trying when something is challenging for me.</li> </ul> <p> <i>How did your heart rate changes as I run or walk? How does breathing change?</i></p>	<p><b>Dancing</b> </p> <ul style="list-style-type: none"> <li>I can develop new skills, abilities and strengths.</li> </ul> <p> <i>How did you learned the new steps to a dance? What can I do if it is challenging?</i></p>
<p><b>Yoga</b> </p> <ul style="list-style-type: none"> <li>I can manage my feelings and emotions?</li> </ul> <p> <i>How taking breaths can help me feel better? How do calming activities make me feel better?</i></p>	<p><b>Climbing</b>  </p> <ul style="list-style-type: none"> <li>I can try over again and not give up to make my ideas work.</li> </ul> <p> <i>What skills do you need to get better at climbing?</i></p>	<p><b>Playing Hopscotch</b>  </p> <ul style="list-style-type: none"> <li>I can establish goals my own and with others.</li> </ul> <p> <i>What are some different ways we can play hopscotch?</i></p>



## 2. Pretend and Dramatic Play



<p><b>Restaurant</b>  </p> <p>➤ I can talk in different ways (To help. To request.)</p> <p> What kinds of things could you make for ___ (breakfast, dessert) if I were to cook?</p>	<p><b>Puppets</b>  </p> <p>➤ I can express my ideas.</p> <p> Where or how can you get ideas for a puppy show. What will your next puppet show be about?</p>	<p><b>Toy Cars</b>  </p> <p>➤ I can use observation experience and imagination to identify problems.</p> <p> Ask questions, make conclusions and guide my next questions.</p> <p> How did you I create your _____ (city, roads)?</p>
<p><b>Play Fort</b> </p> <p>➤ I can solve problems in peaceful ways.</p> <p> Describe why you chose these things to build with?</p>	<p><b>Playing Doctor</b>  </p> <p>➤ I can listen to others.</p> <p> What would you need to run this into a vet's office?</p>	<p><b>Acting with Lego Figures</b>  </p> <p>➤ I can describe how my thinking is changing.</p> <p> What would happen if _____ (another character, person) came along?</p>

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## 3. Construction and Exploratory Play

<p><b>Blocks</b>  </p> <p>➤ I can use what I've learned, track my steps, track my attempts to guide what to do next.</p> <p> <i>How could you make this part taller/more stable/wider?</i></p>	<p><b>Lego</b>  </p> <p>➤ I can try over again and not give up to make my ideas work.</p> <p> <i>How did you create this and what are you going to do next with it?</i></p>	<p><b>Sand</b>  </p> <p>➤ I can share what I learn in a clear and interesting way.</p> <p> <i>What supplies do you need to make this bigger/deeper/taller?</i></p>
<p><b>Water</b>  </p> <p>➤ I can ask open-ended questions.</p> <p> <i>Can you make a prediction about it _____ will float or sink. How your ideas change if we add _____ (food dye, bubbles, funnel) to the water?</i></p>	<p><b>Puzzles</b>  </p> <p>➤ I can keep trying when something is challenging for me.</p> <p> <i>Describe the steps it took to complete this puzzle. Where/how did you begin?</i></p>	<p><b>Cooking</b>  </p> <p>➤ I can ask questions when appropriate.</p> <p> <i>What could you replace this ingredients/tool with. How could you double or halve this recipe?</i></p>

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## 4. Art and Music

<p><b>Singing</b> </p> <p>➤ I am proud to be me.</p> <p> <i>What parts of your body do you use to sing?</i></p>	<p><b>Drawing</b> </p> <p>➤ I can use pictures and words to share information.</p> <p> <i>How could you describe what you drew. How did you come up with your plan/idea and how did it change?</i></p>	<p><b>Painting</b> </p> <p>➤ I can express my ideas.</p> <p> <i>Why did you chose these colours. Tell me about the painting?</i></p>
<p><b>Loose Parts</b> </p> <p>➤ I can engage with materials and sources to gather information.</p> <p> <i>Where did you get your ideas from. Why did you choose this material to represent your ideas?</i></p>	<p><b>Playing and Instrument</b>  </p> <p>➤ I can keep trying when something is challenging for me.</p> <p> <i>If you were to re-create this instrument, what materials would you need?</i></p>	<p><b>Playdough</b>  </p> <p>➤ I can ask open-ended questions.</p> <p> <i>What tools did you use to create this?</i></p>

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## 5. Outdoor Activities



<p><b>Nature Walk</b> </p> <p>➤ I can treat the environment with respect and kindness</p> <p> <i>What senses are you using when you observe the environment?</i></p>	<p><b>Helping in the Garden</b> </p> <p>➤ I can engage with materials and sources to gather information.</p> <p> <i>What plants need to grow and what might stop them from growing?</i></p>	<p><b>Riding Bikes</b> </p> <p>➤ I can take responsibility for my actions and personal well-being.</p> <p> <i>How safe was your bike ride today?</i></p>
<p><b>Relay</b> </p> <p>➤ I can treat others with respect and kindness.</p> <p> <i>How could we add _____ (item, action) to the race?</i></p>	<p><b>Flying a Kite</b> </p> <p>➤ I use observation, experience, and imagination to identify problem, ask questions, make conclusions and guide my next questions.</p> <p> <i>Describe what happens when ____ (I run faster, when it's windier, if I let out more string)?</i></p>	<p><b>Scavenger Hunt</b>  </p> <p>➤ I can build positive relationships with others.</p> <p> <i>What made this task challenging and what made it easier.</i></p>

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## 6. Games with Rules

<p><b>Hide-and-Seek</b> </p> <p>➤ I can explain when something is unfair to me or others.</p> <p> <i>How does it feel when people follow the rules and when people don't?</i></p>	<p><b>Board Games</b> </p> <p>➤ I can build positive relationships with others.</p> <p> <i>What skills are you learning when playing this board game and how can they be helpful in daily life?</i></p>	<p><b>I Spy</b> </p> <p>➤ I can listen to make connections</p> <p> <i>Explain how I got the correct answer or why I made that guess?</i></p>
<p><b>Card Games</b> </p> <p>➤ I can try to help fix problems in a group.</p> <p> <i>Is there is a way we could make this game more challenging or easier?</i></p>	<p><b>Soccer</b> </p> <p>➤ I can receive and act on feedback.</p> <p> <i>What skills do you need to practice to get better. How often will you need to practice and for how long? Why?</i></p>	<p><b>Tag</b>  </p> <p>➤ I can make group agreements.</p> <p> <i>How should we decide and agree on the tag rules. What would happened if we change some of the rules?</i></p>