

# Let's pretend

## What we know

Some children like to pretend to be someone different.

Pretending to be someone or something else can help your child understand the people, the creatures or animals, or the relationships they see around them.

Pretending can be a way of trying new ways of being. As well as having fun, children can explore who they are, the people they know and the people they come across.

Children can imagine what it is like to be different, can become more confident in themselves and can find new ways to express themselves.

## What to do

Find a box and fill it with dress-ups. They might be from your own cupboard or from family and friends. Include hats, gloves, bags, scarves and anything else you can think of.

Keep the box handy and encourage children to dress-up when they play.

Add pieces of material that can become a cape, a skirt or a bed on the floor.

Include men's and women's clothes; children like to explore what others wear. They might create new and imaginative characters.

Look at books with pictures of people from different cultures and talk about what they are wearing.



## A book to read

*Children Just Like Me*  
by Barnabas and  
Anabel Kindersley



## Things to say

'Look! Here is an old hat, a scarf, some gloves, a shirt, some beads and a pair of sunglasses!'

'Let's put them on and pretend to be someone else.'

'Who are you in that hat? Are you Grandma?'

'What are you now? Are you an elephant? Giant? Dinosaur? Bus driver? Teacher? Doctor? Mummy? Daddy?'

'Look! A little bunny rabbit with long white ears!'

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