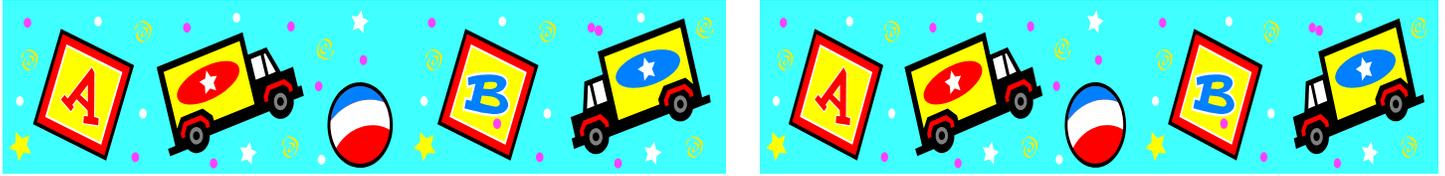




# Indoor Physical Environment



## Helping Hands Tip Sheet



### Did You Know?

- When the environment fits the needs of children, incidents requiring discipline and guidance drop dramatically.
- When children explore and play on their own, they are learning about the world around them and how they fit in to the world

### Points to consider:

The materials and furniture should be age appropriate.

The room should include areas for quiet play and areas for active play as well as space for "alone time."

Think about the shapes and boundaries of the different areas.

There should be furniture and places where staff will feel comfortable interacting with children at their level, such as a low stool or a pillow on the floor.

### The indoor physical environment should:

- Maximize possibilities for play.
- Encourage active exploration.
- Make it easy to supervise children in each area.
- Be safe.
- Have enough space for the number of children using the space.

### High Quality Indoor Environments for children should:

Contain a variety of durable equipment and materials.

Include materials that offer choices for children.

Have spaces for large group and small group activities.

Provide opportunities for relationship building between caregivers and children.

### Something to think about:

Hands on activities stimulate brain growth. This is important because 90% of brain growth occurs by age 5.

### Remember:

- Well planned and thoughtfully arranged indoor environments will support children's interest and increasing skills.
- Children learn what is important to "know" from interacting with the adults around them.
- The most important element in a high quality environment is the staff!
- A well planned indoor environment will be safe, clean, and odor free, as well as warm and welcoming to adults and children.