

Learning and Cognitive Development: Exploration

Teaching Tips:

- Exploration can be taught at any time, however it may be helpful to teach this module after having introduced the concepts in the Learning and Cognitive overview.
- To introduce this topic, you may want to ask a general question such as "When you think about the word 'exploration', what ideas come to mind?"
- Here is a definition for exploration that may be useful to share: Exploration describes the manner in which children use all of their senses to gather information and make sense of the world around them.
- Remind parents that there is always a balance between encouraging their children's curiosity and keeping them safe. Ideally, parents can help create a safe environment in which children can explore, learn, and grow.

Learning Objectives for Parents and Caregivers

After learning about exploration, parents and caregivers will be able to:

- 1) Understand why exploration is an essential part of cognitive learning and development
- 2) Describe how and why young children test their environment
- 3) Explain how children test their hypotheses, gather evidence, and use these experiences to explore their world

Key Messages for Parents and Caregivers

- 1) Children are natural explorers and are born curious.
- 2) Children use all of their senses to explore the world around them.
- 3) Children are at a variety of development stages in terms of understanding how to stay safe.
- 4) Children need environments where they can safely explore new things and test familiar things at their own pace.
- 5) Adults can encourage their children's curiosity by providing safe opportunities to learn, discover, and explore.

