



# Embracing Rough-and-Tumble Play: Teaching with the Body in Mind

*Mike Huber*

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Physical play is vital to young children's development. This practical, hands-on resource encourages you to incorporate boisterous physical play into every day and offers concrete advice on how to create spaces for safe play, how to effectively work big body movement into children's daily schedule, and how to use physical play to make teaching practice more dynamic and effective.

- Learn about the importance of big body play for social and emotional development throughout life
- Discover how to communicate about safe and intentional rough and tumble play with children and families
- Incorporate big body play into all areas of the child care program while maintaining boundaries and teaching self-regulation
- Use the family companion (sold separately) to educate families on the importance of rough and tumble play for all children

**Mike Huber, MAEd**, has been an early childhood teacher since 1992 and currently teaches at Seward Child Care Center in Minneapolis, Minnesota. He has also worked as a trainer and consultant for the Minnesota Department of Education, the Child Care Resource and Referral Network, and MnAEYC. Huber has authored six picture books including *The Amazing Erik*, winner of the 2015 *Learning* magazine Teacher's Choice Award. He presents nationally on the topic of rough and tumble play.



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