

How do I turn viewing interest into physical activity?

Try the **PLAYback** strategy!

PLAYback uses children's interest in playing and viewing with digital technology to motivate physically active play and multimodal communication.

For video options go to [Get Moving](#) on ABC iView or check out the [Through the Windows](#) collection via ABC Kids Early Education.



STEP 1 View and talk

- View video together showing a fun new physical skill.
- Talk about what you see and plan to make a video of your own.
- Decide who you will share it with. Choosing an adult mentor (such as a grandparent) will enhance the interaction at Step 4.

- Have fun practising independently.
- Encourage creativity! Children can adapt the activity as they choose.

STEP 2 Play and practise



STEP 3 Do and document

- When children are ready, it's time to record!
- Set up device so children can see themselves doing the activity while recording.



- Send video to recipient (only to people trusted and known in person).
- Video-call recipient so children can talk about and retry the skill in real time.
- Depending on the activity, try recording your child repeating the skill with their call partner.

STEP 4 Share and recall

