

Everyday adventures

Every child benefits from outdoor play opportunities – we don't have to spend money on costly activities or travel miles to a destination playground. We can all provide low cost opportunities in our communities by making play part of our daily routine. We can make every day playful with these simple ideas:

Make getting places fun

If you're going out locally, leave the car and take a playful journey on foot. Take roller skates, scooters or skateboards, and think of games you can play on the way. Children are more likely to play if they are with friends, so, why not invite friends along too.

Think about what's around us

Children will play wherever they are – they don't always need to be in a playground. Everyone's community is different but there will be playable space available – if you live on the coast build sandcastles on the beach or if there's a park take a picnic or climb a tree or build a den in your garden.

Get outside in rain or shine

Children will want to play whatever the weather, so don't be put off going outside if it's raining. Be prepared with wellies, umbrellas and raincoats and get ready for some puddle-jumping!

Invest in 'active' toys

Traditional toys like hula hoops, skipping ropes and space hoppers are still a favourite with children. They're ideal for playing in the garden, or outside on the pavement near the street where you live.

Be adventurous

Children need to have adventures outdoors, even if it means a few scrapes and grazes. Let your children enjoy physical challenges such as climbing trees. Children learn through taking risks, so don't be overly protective if the worst that can happen is a bump or a scrape.

Share your play memories

Whether it was a game of tag, rounders or piggy in the middle, think about how you used to play actively when you were a child. Share and recreate your play memories with your children – no doubt grandparents will want to get involved too!

Lead by example

Don't be afraid to get stuck in and play outdoors with your children. You're never too old to play, and being active through play, rather than being inactive indoors, embeds exercise into your daily routine in a fun way.

Community spirit

Get together with other parents and residents on your street to provide a safe space for children to play outdoors – this could be in the lanes between houses, a green patch at the end of the street or local park. Children can bring out their scooters, footballs, skipping ropes, chalk ... and the adults can bring their cups of tea!

Make your household fit for play

The home is a great place for playing – particularly when the weather is stormy or it's too dark to be out. There are things you can find around the home that can be used for play – cushions make great stepping stones, a blanket over a table makes an instant den, and empty cardboard boxes can be made into cars, castles or even spaceships! Or, try including games and challenges into mundane tasks – who can pick the most weeds from the lawn (and find worms at the same time)?



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