



PLAY WELL OUTDOORS PACK

Supporting wellbeing
through play

What's inside

**GET OUT AND ABOUT
IN YOUR COMMUNITY**

**IDEAS FOR PLACES TO VISIT
OVER THE SUMMER AND BEYOND**

**12 THINGS TO DO
BEFORE YOU ARE 12**

**GET
INTO
SUMMER**



**Scotland's
Play Strategy**
Valuing play, every day



WELCOME TO YOUR PLAY WELL PACK

SAFE

CONFIDENCE BUILDERS

“This bumper edition is jam-packed with ideas to help you **GET INTO SUMMER**. There are tons of **games and activities**, and **places to visit** over the summer and beyond.

It’s full of ideas for play that are great fun and don’t need much preparation or resources, come rain or shine! **Playing outside is so good for health and wellbeing**, we hope everyone has a fantastic summer of play.”

Yours playfully,
Marguerite Hunter Blair, Play Scotland
& Claire Telfer, Save the Children

SUPPORTING WELLBEING THROUGH OUTDOOR PLAY

To ensure everyone has a common understanding of wellbeing, the **Scottish Government introduced eight indicators**, often referred to by their initial letters, **SHANARRI**. For children to reach their full potential they should have opportunities to become successful learners, confident individuals, effective contributors and responsible citizens and supporting each wellbeing indicator will help make this happen.

We’ve incorporated the eight indicators of wellbeing into this pack, to give you ideas and inspiration for play, conversations and activities to support your child’s wellbeing.

MEET THE WELLBEING BUDDIES



It’s important to know about the area we live in to help us feel safe. Here are some things you can do to give you and your child confidence to take to the streets!

STOP, LOOK, LISTEN! LEARN ROAD SAFETY SKILLS

From an early age, children can be learning the basics they need to keep themselves safe on the roads. These messages still need to be reinforced when they are older so that they can walk, scoot or cycle around independently.

SIMPLE SAFEGUARDS

Agreements about where they are allowed to play and for how long, can be worked out with children. This will allow them more independence, and you more peace of mind. It will help them if they learn to tell the time, know their neighbourhood, know their address and an emergency phone number.

WALK TO SCHOOL

Walking or cycling to and from school is a great way to build skills and confidence. It also adds the potential for lots of informal play and activity into the daily routine.

KEEP OUR WORRIES IN PERSPECTIVE

Try not to let fears for children’s safety be blown out of proportion. Although mishaps or even more serious incidents can occur, it’s rare for children to come to serious harm when playing. The more children play the more they will gain skills to cope and stay safe.

TAKE A COMMUNITY APPROACH

Children give us an easy way to get to know neighbours and other local families. Perhaps you can agree to keep an eye out for each other’s children. When more children are outside playing, it feels safer and friendlier, and adds to a sense of community for everyone.

TWENTY’S PLENTY

As drivers we can cut our speed and drive as we would wish others to drive in residential streets where children play.

GET TO KNOW YOUR COMMUNITY

Walking, wheeling and cycling in the local area helps children build their own ‘mental map’ of the area. They get to know the safest routes and how to tackle any potential danger points such as awkward road crossings.

Use the pull-out map in this pack to create your own map, and look out for important buildings like the nursery, school, shop, playpark, doctors and library and add to the map. Older children might do this activity by themselves, younger children can walk around with an adult.



HEALTHY

12 THINGS TO DO BEFORE YOU ARE TWELVE

(and then keep doing them until you are at least 70!)

- 1 Learn to swim
- 2 Climb a tree
- 3 Build a den
- 4 Ride a bike/a skateboard/horse
- 5 Spend a whole 24 hours with no technology
- 6 Make a kite and fly it
- 7 Play in the rain/snow fog/drizzle/sunshine/frost/dark
- 8 Plant something, watch it grow then eat it
- 9 Meet other people in a park and invent a game
- 10 Have a picnic outdoors
- 11 Be bored – sometimes when we're bored our minds come up with the best ideas
- 12 Grow a mini garden by planting seeds, watering and watching them grow

Oh and one more... **Cook** and eat outside

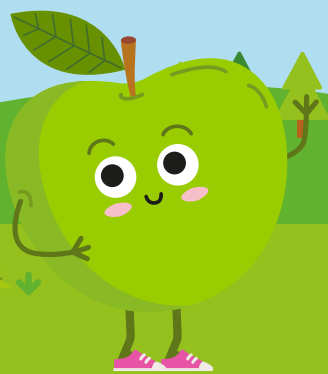
And another one... **Go** for a torchlight walk

Add your own favourite

And perhaps another one for luck?

PICNIC SUGGESTIONS

- Veggie batons
- Savoury muffins
- Crackers and toppings
- Cold rice and pasta dishes



ACHIEVING

GET INTO SUMMER CHALLENGES

What can you find when you are out and about?

Here are some games and activities to play with friends or an adult.

SINK OR FLOAT

Children can collect a variety of objects they find outside and then using a basin discover if they sink or float. Encourage them to make guesses before finding out. Good things to try are smooth stones, twigs, leaves.

NATURE SCAVENGER HUNT

Prepare a list of items to be found (not bought!). The list can be words or pictures or both.

Depending on where you are and how confident and independent the children are, the game can be in a defined area such as a community garden or a park, or a local woods. Some ideas to get you started are an oak leaf, an acorn, a dandelion, a pinecone, a daisy.

Children will probably make better lists. As items are found, they are ticked off the list.

COLOUR HUNT

Search outside for objects in every colour of the rainbow! Draw pictures of what you find here.

PAPER AEROPLANES

All you need to make paper aeroplanes is old paper (newspaper is good). Older people are sure to have their own designs for paper aeroplanes so you can ask them how they would have made one or experiment yourself. Have aeroplane races – see whose goes fastest or furthest.

WALKING AND ACTIVITY CHALLENGE

See if you can walk, play and stay active in your local area in lots of different ways.

You can find out more about walking and keeping active over the summer and beyond at: www.livingstreets.org.uk/about-us/scotland/walk-to-school-in-scotland

For more ideas download the [#walkingfromhome](https://www.livingstreets.org.uk/media/5451/family-resource-booklet_final.pdf) resource at www.livingstreets.org.uk/media/5451/family-resource-booklet_final.pdf



NURTURED

GET OUT INTO NATURE

Being in nature can reduce negative feelings such as worry, anger and stress. Being outside makes you feel better and at the same time actually contributes to your physical wellbeing.

BENEFITS INCLUDE:

- Reduced stress
- Increased creativity and problem-solving
- Being physically active
- Learning about the world around us
- Our ability to focus and concentrate is improved

GET MORE NATURE INTO YOUR DAY – SOME EVERYDAY TIPS

- Dress for the weather! If you stay warm and dry you will be happier outside
- Stop to look at a view or up to the sky
- Play “I spy” or go on a “bear hunt”
- Take up stargazing! Or cloud watching. Can you see pictures in the stars or the clouds?
- How about an evening walk? An evening walk is a great way to settle down in the evening which will make for a better night’s sleep.

VISITING WOODS AND FORESTS

Discover the tranquility of the great outdoors, explore stunning landscapes, spot wildlife and get back to nature. Woodland Trust and many Scottish woodlands and forests are open and free to enjoy.

www.woodlandtrust.org.uk/visiting-woods
www.scotland.forestry.gov.uk/map

The National Trust is on a mission to reconnect a generation of children with nature.

Although entrance to National Trust properties isn’t free, there are various membership schemes and their website has fantastic ideas for seasonal activities you could do in any garden, park or local green space. www.nationaltrust.org.uk

Scottish Outdoor Access Code
Access rights in Scotland apply to most land and inland water. If you want to enjoy some fresh air in a local park, woods or countryside you should know about the Code. www.outdooraccess-scotland.scot

LOOKING AFTER BEES, BUGS AND BIRDS

Using household items make:

BEE HOTEL

Bee Hotels are a great way to attract pollinators to your garden. Bee hotels are places for solitary bees to make their nests. Bees do not stay together like in a hive, instead they lay their own eggs in small tube-like holes and seal them with mud. Using a mug, you can roll card into a tube shape and tape together till the inside of the cup is full. Using the handle of the mug you can hang your bee hotel on a tree or fence where it won’t be disturbed.

BUG HOTEL

This can be created by using stones, slates, moss, and wood you find and stacking together to create the ideal place for little beasties and bugs to stay.

BIRD FEEDER

Using an old toilet roll and either some cooking lard or peanut butter and cover the toilet roll, then using bird seed, unsalted nuts, hard cheese cover the roll and use some string to hang in a safe place outdoors and watch small birds come to visit for breakfast!



ACTIVE

PLAYING OUTDOORS IN LOCAL STREETS AND PARKS

For many children, opportunities to play freely out and about in their local communities are reducing. You may have noticed your child has less freedom than you had when you were their age, and perhaps you had less freedom than your parents’ generation did.

There are a variety of reasons for this including concern about traffic, worries about bullying and strangers, negative attitudes to children and young people, and pressure on adults’ and children’s time. It is important to keep a sense of proportion about these risks as the result is a lack of opportunities and confidence to play outdoors.

Children are missing out on the sense of freedom that comes from exploring local streets, parks and neighbourhoods and all the skills they gain as they do this. This has an impact on children’s health and wellbeing both mentally and physically.

SOME BENEFITS OF GETTING OUT AND ABOUT

- having adventures with friends
- getting to know the neighbourhood and community
- developing self-reliance, resourcefulness and independence
- becoming more street-wise – getting to know who to avoid and who to trust, how to spot a situation to steer clear of and when to ask for help
- being physically active

MORE FUN WAYS TO KEEP ACTIVE

- 1 WATER CUP RACE**
Don’t spill, least splashes and fullest cup is the winner
- 2 SOFT BALL TENNIS**
Use a soft ball or rolled up socks and racquets or just use your hands!
- 3 SET UP AN OBSTACLE COURSE**
Be as imaginative as you can.
- 4 BOUNCY BUBBLES**
Using a bubble mix or mix your own, one person blows and the other person chases the bubbles to burst them, or try bouncy bubbles, which will bounce on a gloved hand. (Bouncy bubble mix: 4tbsp water, 1tbsp concentrated dishwashing liquid, 2tbsp sugar, mix together. Use soft knit winter gloves and a bubble wand).



RESPECTED

FUN LISTENING ACTIVITIES

We all communicate in different ways; through words, body language, and creative ways like art. Listening to others and being listened to is a good activity to practise.

SIMON SAYS

One player takes the role of “Simon” and issues instructions (usually physical actions such as “jump in the air” or “stick out your tongue”) to the other players, which they should do only when the phrase “Simon says” is said before the action.

WHAT'S THE TIME MR WOLF?

One child is chosen to be Mr Wolf. They stand away from the other players with their back to them. The other players stand side by side in a line, facing Mr Wolf's back. All together they call, “What's the time, Mr Wolf?”

Mr Wolf responds by selecting and calling out an o'clock time (between 1 and 12). The other players take the required number of steps towards Mr Wolf. This is repeated with the players getting closer to Mr Wolf.

When Mr Wolf is ready (usually when the other players are getting close), they change their response to the question, “What's the time, Mr Wolf?” to “Dinnertime!”

At this cue, all of the players must turn around and race back to the starting position with Mr Wolf chasing after them to try and catch their dinner. The player who is caught becomes the next Mr Wolf and the game continues.


WHAT CAN YOU HEAR?

Listening to the sounds outside you can learn more about all the creatures that live near you and all the busy activities that take place around you.

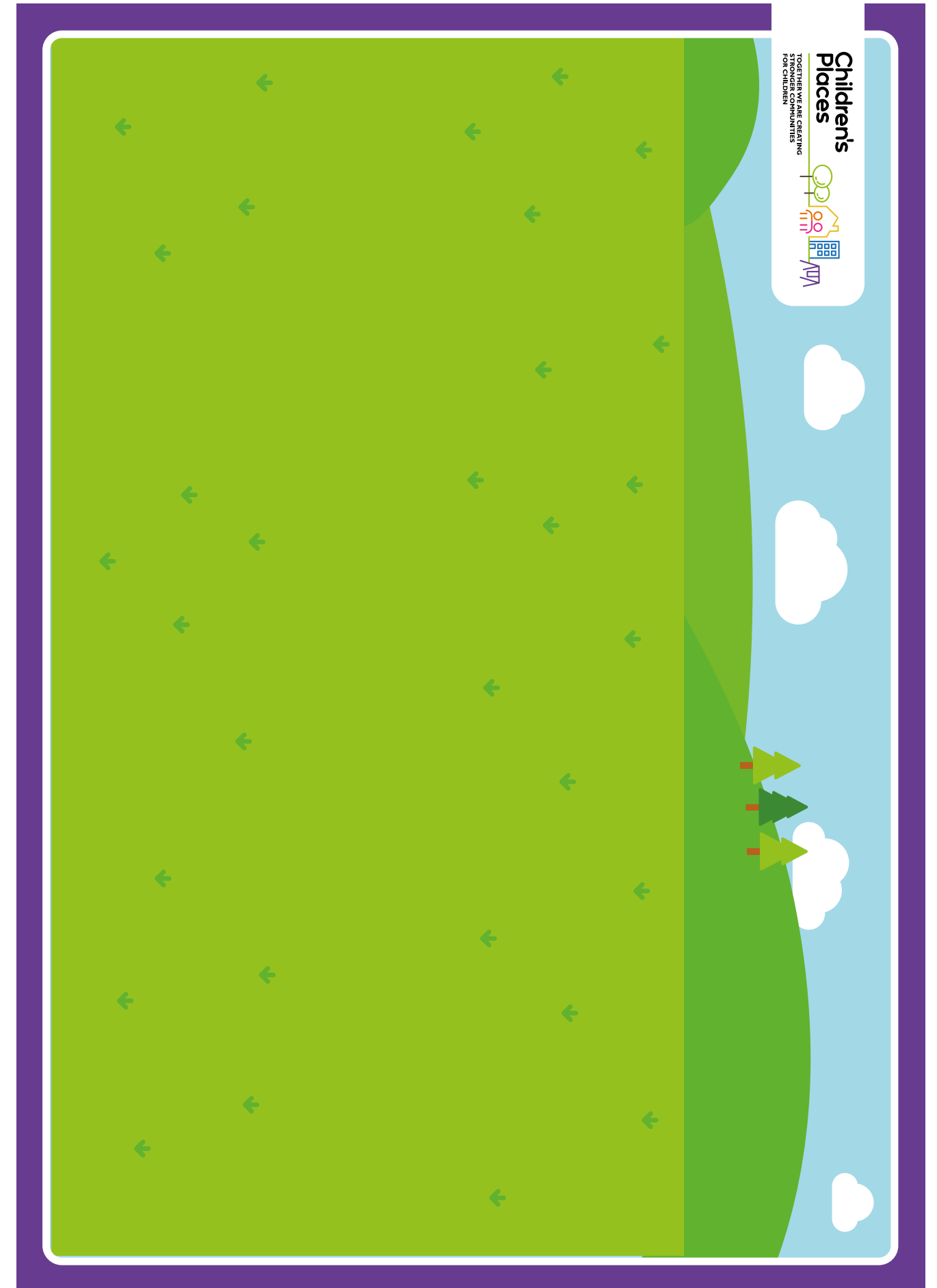
You will hear different sounds depending on where you live and what time of day it is. Depending on the weather you might hear rain pitter-pattering on the ground or leaves blowing in the wind and on sunny days you might hear a lawnmower in the background.

- 1 Can you hear the **chirping birds**?
- 2 Can you hear **neighbours chatting**?
- 3 Can you hear a **dog barking**?
- 4 Can you hear a **car brooming along**?
- 5 Can you hear an **aeroplane in the sky**?
- 6 Can you hear **children playing**?

LIST SOME OF YOUR OWN IDEAS BELOW



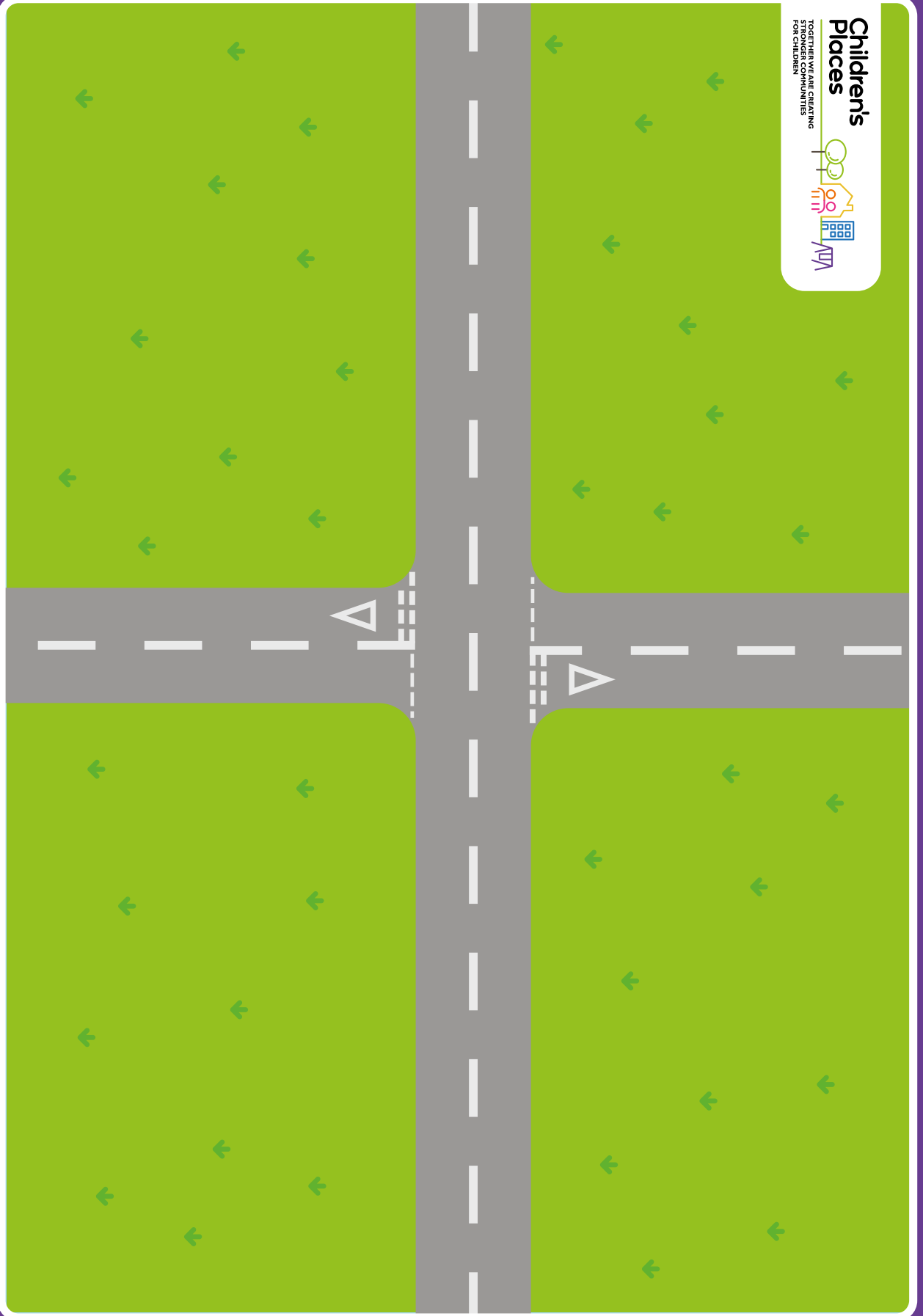
WELLBEING MAPS



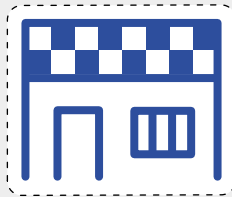
Children's Places
TOGETHER WE ARE CREATING
THE BEST PLACES
FOR CHILDREN

WELLBEING MAPS

Children's Places
TOGETHER WE ARE CREATING
A BETTER WORLD FOR CHILDREN



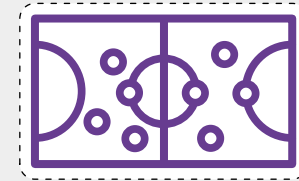
MAP ICONS



POLICE STATION



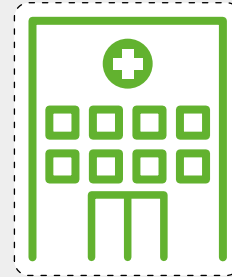
FIRE STATION



SPORTS GROUND/CENTRE



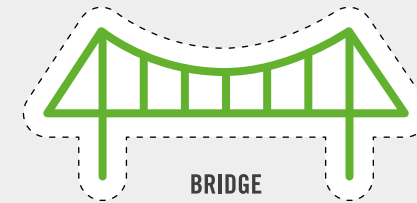
PARK



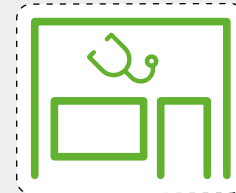
HOSPITAL



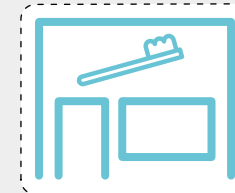
TRAFFIC LIGHTS



BRIDGE



DOCTORS



DENTIST



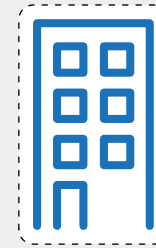
IMPORTANT BUILDING



PARK



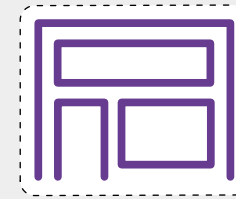
HOUSE



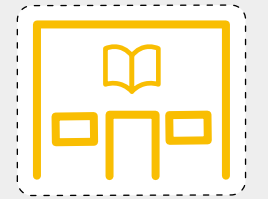
FLATS



CAFE



SHOP



LIBRARY



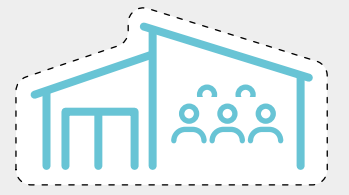
TEMPLE



SYNAGOGUE



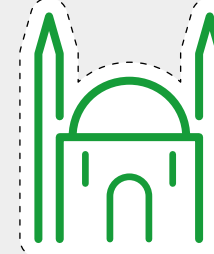
SUPERMARKET



COMMUNITY CENTRE



CHURCH



MOSQUE

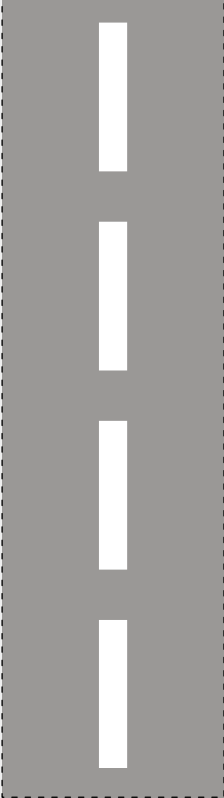
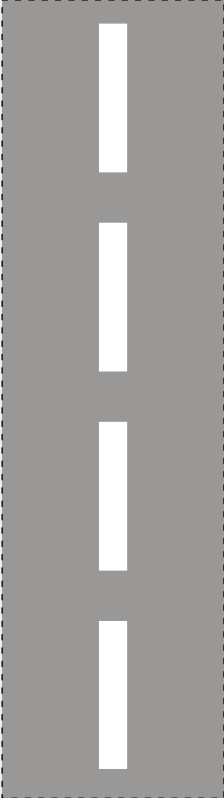
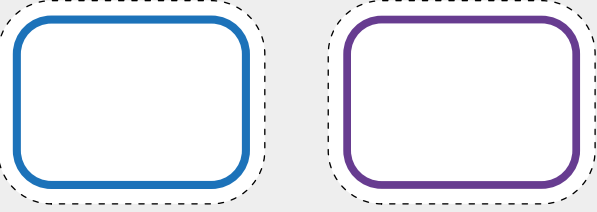
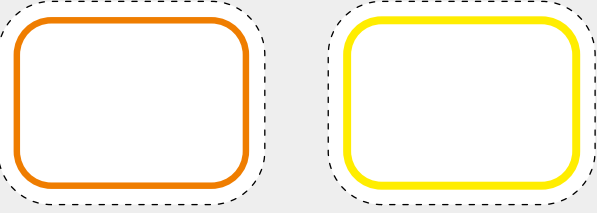
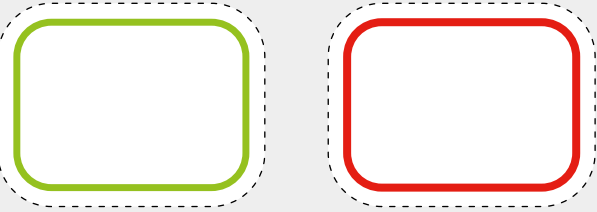
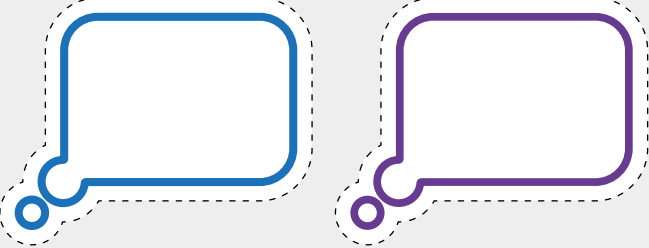
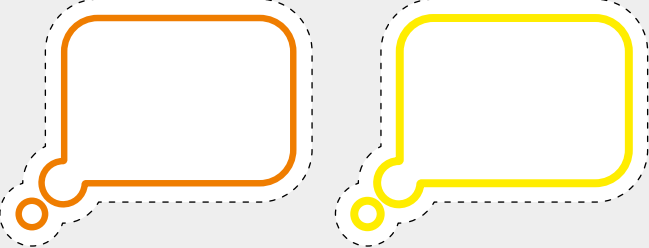
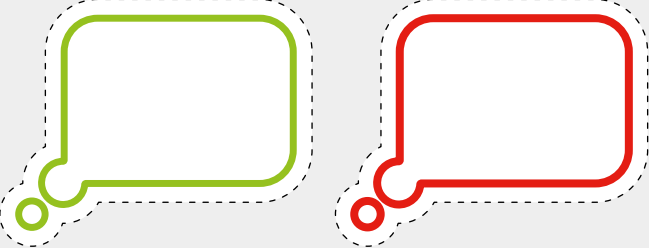


SCHOOL



SCHOOL

MAP ICONS



RESPONSIBLE

GET INVOLVED IN YOUR COMMUNITY

Getting involved in helping with chores, problem solving and making decisions are great ways to increase children's feelings of responsibility.

HELPING HANDS

Fun activities that you can help with around the house and community. Lots of helping activities can be made into a game. You can have lots of fun helping around the house and in your community.

OUTDOOR JOBS

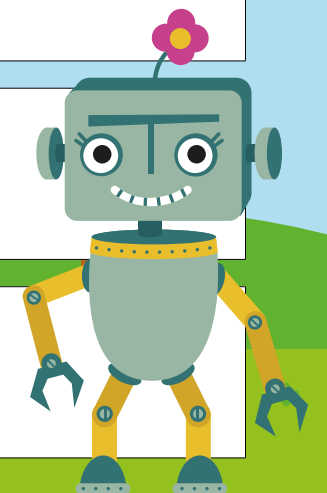
- 1 Hanging out the washing
- 2 Cleaning the front door and steps
- 3 With parents' permission, help a neighbour with a small task

MAKE UP YOUR OWN GAMES

Going out and about is a great way to meet new friends. Here are some games you can play using chalk:

- 1 hopscotch
- 2 shark attack
- 3 target practise/bullseye
- 4 obstacle course

LIST SOME OF YOUR OWN IDEAS BELOW



INCLUDED

IS EVERYONE INCLUDED?

Every group has children with different ages, abilities and preferences when they are playing. There are lots of ways to adapt games so no-one is left out. For example, reduce the pace by using a soft ball instead of a bouncy one, use sensory clues in a scavenger hunt, make sure instructions are really clear, buddy up if some children are less confident, pair fast runners with slower ones, pair older children with younger ones, use fun symbols, badges or flags to indicate who is “it” or where bases or dens are.

Older people often have great ideas, remembering how they played when they were younger and how their children played. Why not ask an older person you know what sort of games or fun activities they enjoyed and try them out – you could try them out with your friends! You can also find out what you have in common in the ways you play even if there is a big age difference, or introduce older “grandfriends” and grandparents to the things you like to play when you are outside.

Generations Working Together have some great activities that can be used to promote intergenerational connections, while getting people moving.

See www.generationsworkingtogether.org/pickandmix

FIND YOUR NEXT ADVENTURE...

Visit for free. Plenty of Scotland's top attractions are free to visit, and there's an array of free events and experiences to enjoy too. Explore castles, museums, art galleries and more, all for free, on a day out that won't leave you out of pocket.

www.visitscotland.com/see-do/attractions/free

Historic Environment Scotland has lots of great places to visit. And if you're looking to play with the past in or around your home, you can explore playful activity ideas online at www.historicenvironment.scot/get-into-summer

Euan's Guide is the disabled access review website that aims to 'remove the fear of the unknown' and inspire people to try new places. Euan's Guide is helping to open up towns and cities to disabled people everywhere.

www.euansguide.com



LOOSE PARTS PLAY

REUSE AND RECYCLE

Loose parts are simply any items that can be used for play, in a very flexible way, to move, manipulate, build and create. Loose parts are different from many toys in that they can be used in endless ways and there is no right and wrong way to use them.

Children and young people will play with loose parts in different ways depending on their age, ability and stage of development. Babies and young children start by holding items and usually try to put them in their mouth. With babies and young children care must always be taken when using loose parts that the materials cannot be swallowed.

Playing with loose parts helps children discover more about their world by learning about natural and manmade materials with different textures, shapes, colours and uses. Playing like this can also help with early counting, matching and sorting, hand to eye co-ordination and problem solving.

Many items good for play can be found in and around the home. A box can become a robot, a car, a house and even a space rocket! The possibilities are endless.

SOME EXAMPLES OF EASILY FOUND LOOSE PARTS

Around the house: Basin, basket, blankets, clean buckets, cardboard, clothes pegs, foam sponges, hats & accessories, lampshades, old clothes, potato masher, pillows, plastic bottles, sheets, shoe laces, sieve, string, tin foil, trays, wooden spoon, wool.

Around the local area: Feathers, leaves, pinecones, pebbles, sand, shells, sticks, twigs.

Creative and messy play items: Bottle tops, cardboard boxes, chalk, cotton wool, corks, marbles, old greeting cards, paint and brushes, pom poms, ribbon, wrapping paper, wallpaper, yoghurt pots.

Before you throw packaging and household items into the recycling have a think about if they could be used for play. It may get messy but loose parts are great for imaginative play. Larger items can be used outdoors to build and furnish dens.

“Loose parts enhance children's ability to think imaginatively and see solutions, and they bring a sense of adventure and excitement to children's play.”

Dale and Beloglovsky



CARTOON YOUR SUMMER!



Beano is the world's longest-running weekly comic, created in Scotland in 1938. Learn how to tell the story of this summer, in little comics, starring YOU!

1 GIVE YOURSELF A BEANO NAME

Think of a word that starts with the same letter as your first name, but also describes you?



DRAW YOUR BODY

Draw a circle(head), a box (body) and four lines (to make arms and legs). Add simple hands and feet... to create a stick version of yourself!



3 ADD FEATURES

Personalise with hair, facial emotions (to show how you feel), clothes and colour.



4 WORDS AND THOUGHTS

Use balloons to show what you're saying, or thinking. Add sound effects!



5 DOODLING

Draw your action in the story panels on the opposite page.



6 THE BIG BEANO SECRET?

Always exaggerate and have a laugh!



CARTOON YOUR SUMMER!

ONE DAY...

BUT!

For more comic making ideas check out: www.beano.com



TOP TIPS

TIPS FOR PARENTS AND CARERS

GETTING STARTED

Children play and learn all through childhood, and just because your baby can't talk, doesn't mean they're not learning. Babies, toddlers and even older children learn all the time through watching and listening. Try to be playful and sing, joke and have fun with your child when you can. Think of asking "what if?" or "lets explore" to start play off.

MESSY PLAY

Children really love messy play. Play with things that your child can get their hands into – something as simple as a bowl of water or sand can be fun to a child. Keep messy play to one area in your house and put down a plastic sheet or newspapers. If you can, take messy play outdoors.

LEAVE THE CLEARING UP

Don't get too worried about having a tidy house. The mess will still be there tomorrow. Children and tidy homes just do not often go together!

BE CREATIVE

Children don't just play with toys. Children love playing with household items such as pans, wooden spoons, and sponges (see suggestions in loose parts section). Leave your child to choose what to use and how to use it, for example, a sheet thrown over a table or chairs makes a great den.

HELPING OUT

Young children love helping around the house. What may seem like boring chores to you can be fun as well as a real learning experience for your child. It may take longer but getting meals ready, clearing up, washing up and matching socks can be good fun when you do them together.

FREE PLAY

Sometimes children need help with toys or puzzles but it's also OK for children to play on their own. When your child plays alone, they're learning how to keep themselves occupied. When children play with brothers or sisters they often make up games and learn how to get on with others.

GET OUT IN LOCAL SPACES

Getting outdoors is important for children's mental and physical health, and its good for adults too. If you can, go outside every day. Walking, cycling and scooting are great exercise too.

LOOK AFTER YOURSELF

Being a parent isn't always easy, so it's important to look after yourself as well as your child. Make sure you have people to talk to when you need to and get time to yourself – even if it's only a cup of tea and reading a magazine while your child's playing.

USEFUL WEBSITES

Beano	beano.com	Ideas and activities for children and young people
Childline	childline.org.uk	Help and support for children
Early Years Scotland	earlyyearsscotland.org	Committed to providing the best start in life for 0-5s
Euan's Guide	euansguide.com	UK site with disabled access reviews
Family Lives (formerly parentline)	familylives.org.uk	Advice and support
Generations Working Together	generationsworkingtogether.org	Promoting intergenerational work across Scotland
Historic Environment Scotland	historicenvironment.scot	Historic places to visit with activities over the summer
Kinship Care	kinship.scot	Support to all Kinship families throughout Scotland
Living Streets	livingstreets.org.uk	The UK charity for everyday walking
National Autistic Society	autism.org.uk	Information, support and services
Netmums	netmums.com	UK website offering local info, parenting advice
One Parent Families Scotland	opfs.org.uk	Help and support for single parent families
Parent Club Scotland	parentclub.scot	Information and resources for parents
Play Together on Pedals	playonpedals.scot	Pre-school and family cycling
Royal Botanic Garden Edinburgh	rbge.org.uk	Gardens to visit with activities over the summer
Save the Children	savethechildren.org.uk	Supporting children to learn, grow and become who they want to be
Scottish Book Trust	scottishbooktrust.com	Promoting reading and writing for everyone
Visit Scotland	visitscotland.com/see-do/attractions/free	Ideas about free places to visit in Scotland
Woodland Trust	woodlandtrust.org.uk/visiting-woods	Advice on how to find and visit a local woodland
Young Scot	Young.scot	Information and advice for young people

"We don't stop playing because we grow old; we grow old because we stop playing."

George Bernard Shaw

PLAY WELL OUTDOORS PROMISE

We've given you lots of great ideas to **Get into Summer**.

Why don't you promise to Play Well Outdoors lots during the holidays and beyond?

- I promise to play outdoors more this summer!
- I know that playing outside is good for my health and wellbeing.
- I am going to try: eg building an obstacle course with friends.

LIST OR DRAW SOME OF YOUR OWN IDEAS BELOW

YOUR NAME: _____

PARENT/CARER'S NAME: _____ **DATE:** _____

We would love to see a photo with you and your promise – maybe give a thumbs up. If you would like to, ask your parent/carer to send the photo to info@playscotland.org. We may use the photo on our social media. We will send a Play Well Outdoors certificate back to all those who send in a photo.



Scottish Government
Riaghaltas na h-Alba
gov.scot



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