

Play is the Way!



Why play?

EVERY child at Ravenswood Primary School has the right to play. Through play children can...

- Learn to answer their own questions.
- Learn new skills and try new ideas.
- Learn to work collaboratively with other children or adults.
- Improve language development.
- Improve their ability to self-regulate.
- Develop a better understanding of thoughts and concepts.
- Help children to recover a sense of normality and joy after an experience of loss, dislocation and trauma.

At Ravenswood we strongly value play at all stages, recognising that playing contributes to children's health, well-being and happiness as well as to their learning and their ability to learn. We aim to provide a broad range of play opportunities within classrooms, the playground and through the use of outdoor spaces such as our Outdoor Classroom and the Ravenswood Marsh.

Our play aims:

- To provide children with a range of playful environments which will support their learning across the curriculum and about the world around them.
- To provide children with indoor and outdoor play environments which are both stimulating and challenging.

- To provide children with opportunities to explore the world around them, develop social skills, enhance communication, collaboration and problem solving, encourage resilience and self-confidence through playful learning.

Play Tips for Parents

Playing covers a wide range of activities. Sometimes parents worry that their children aren't playing enough or aren't getting enough of the 'right' kind of play.

A good balance of play experiences can be seen as a healthy play diet. Some play experience ideas...

Making things: drawing, painting, building things, making models, and making dens outside.

Riding around: cycling, skateboarding, skating, and using a scooter.

Quiet play: day dreaming, imagining, inventing, hiding, and relaxing.

Reading: reading books or magazines.

Getting wet or mucky: playing in mud or rain, digging, water fights.

Interactive digital playing: interacting with friends online, computer games, smartphone/tablet apps, and age appropriate social media (including posting pictures, comments, videos and blogs online).

Active play: informal games, running, jumping, handstands, chasing, skipping.



Play CPR

We think play is good for the heart, so a little CPR is necessary to protect our child's well-being. ❤️

C is for 'cool':

Try to be cool about play. Recognise how valuable it is and that having FUN is worthwhile. Step back and be cool about your child being the boss of their own play. Be around, in case they need a wee bit of help – but don't take over the play. Leaves don't have to be green! Egg boxes don't have to be for eggs!

P is for 'permission':

Sometimes children don't feel they have PERMISSION to play. We are sometimes worried about the children disturbing someone, or getting in the way, or making a mess, or making too much noise. That can send a message that says – 'I'd rather you didn't play!' So we need to make it clear to children that they have PERMISSION to play to:

- make a noise
- make a mess
- use that object (like a saucepan) as a play prop
- get dirty
- be really silly
- be bored – it's a great stimulus for creativity and play!

R is for 'resources':

Parents can provide the RESOURCES for play. No we don't mean big, expensive play equipment! We all know the 'he/she had more fun with the box, than the toy' story! So we need to make sure that children have the resources for play:

- TIME in their day that isn't programmed or planned that they can do their own PLAY thing. Non-screen time!
- SPACE where they (and you) aren't worried about it getting messy or untidy or where noise won't disturb others unnecessarily.
- THINGS lying around that kids can use as props for play. We often call these loose parts – like kitchen roll tubes, sticks, paint, chalk, boxes, old sheets, old clothes, a big tyre etc. Stuff that fuels children's imagination, develops and sustains THEIR play and doesn't rely on a screen!

Useful Resources/Websites:

- Play Scotland – this website is dedicated to play and has lots of tips and ideas to promote play at home. They also have a downloadable ‘Home Play Pack’ for parents.

<https://www.playscotland.org/wp-content/uploads/Play-Scotland-Home-Play-Pack-for-Parents-16pp-Web-1.pdf>



- Book Bug – this website has author read alouds, as well as activity and play ideas linked to your child’s favourite picture books.

<https://www.scottishbooktrust.com/bookbug>



Bookbug

- Parent Club Scotland – this website has lots of information about the importance of play, as well as lots of fun indoor and outdoor play ideas, and family games.

<https://www.parentclub.scot/topics/play-learn?age=4>



- Ravenswood PS Twitter – follow our school Twitter to pick up some new tips and ideas on how you can promote play at home, and how play can be used to help your child learn.

<https://twitter.com/RavenswoodPS> @RavenswoodPS



“Time spent playing with children is never wasted.”

– Dawn Lantero