

Playful Playday adventures



Playday is the national day for play across the UK. On Wednesday 2 August thousands of children, families and communities will be going out to play. This year's theme is *Playing on a shoestring – making every day an adventure*. Playing doesn't mean expensive toys and activities, the simplest cost-free ideas are often the most fun. Make this Playday, and every day, an adventure!

P

P is for **painting pebbles** to spruce up your garden. Decorate a few with words or short messages and leave for others to find when out walking in your community, to brighten their day.

L

L is for the **light from the sun** which can be used to cast interesting shadows of your favourite toys - line them up outside on a piece of paper and draw around the unusual shapes created. Don't worry if the sun is hiding, it can also work indoors using a lamp or torch.

A

A is for **asking older relatives** about games they played when they were younger and giving them a go. Games like kerbsie, 40 40, elastics, hopscotch and dodgeball are a great way to try new activities and have fun outdoors.

Y

Y is for **yachts and water play** - when the sun is shining get splish splashing in your garden. Gather smaller containers of different sizes and build a dam, sail a boat, paint the pavement, or create a mini beach for your toys.

D

D is for **designing artwork** using natural materials found in your garden or on a walk such as shells, sand, flowers, leaves, sticks, pebbles, berries etc. You could make a flower suncatcher, do leaf printing, press flowers, make a nature mobile or wind chime, or create a mosaic.

A

A is for an **assault course** to challenge your family to test their balance, speed and strength. Using the resources and space in your garden you can include different trials such as scoring a goal, weaving through the trees, jumping a log, crawling around the flower bed, then down the slide.

Y

Y is for **yogurt pots** and other bits and bobs that you can find at home such as cardboard boxes, newspapers, materials for recycling, blankets, milk cartons, old clothes etc. What can you create or build? The possibilities are endless!