

Playful Playday adventures



Playday is the national day for play across the UK. On 5 August 2026, children, families and communities will be going out to play. This year's theme is *Play – here, there, everywhere*, highlighting the importance of creating opportunities for children to play wherever they are. When children are supported to play in everyday spaces, we help nurture positive outcomes and create communities where children can thrive.

P

P is for **playful everyday moments** – embracing a playful attitude can help make life more fun and make every day an adventure! Build playful moments into everyday tasks and routines, such as playing *Spy* on car journeys or scavenger hunts whilst out walking.

L

L is for **look for play all around** – children can and do play everywhere and anywhere. Get to know your neighbourhood and look out for playful opportunities every day, such as jumping over cracks in the pavement, counting colourful front doors, drawing a colourful map of your local area, or finding shapes in the clouds.

A

A is for **adventures in the everyday** – simple, low-cost ideas are often the most fun. Unstructured, unplanned play can bring excitement and adventure to everyday life, encouraging imagination, creativity, problem-solving, and resilience.

Y

Y is for **your imagination** – there is no right or wrong way to play. Children are play experts so follow their lead. Let children explore, create, and try out new ideas. Make time for play every day.

D

D is for **discover something new** – give children the opportunity to try different types of play such as messy play, creative play, dramatic play or sensory play.

A

A is for **awe and wonder in nature** – turn off screens and prioritise time for outdoor play. On a walk, bring along a bag to collect natural resources for arts and crafts, explore your surroundings with a magnifying glass, or follow a scavenger hunt or treasure map.

Y

Y is for **YOU CHOOSE** – be your child's play champion by giving them the time, space, and permission to play. Encourage independence and let them make their own play choices.