



Newsletter

Play is a vital activity to all children's development, why not learn a bit more about this subject and brush up on a bit of CPD reading.....



The coronavirus pandemic is having an impact on children around the world. To support the heightened need to support children's right to play, the International Play Association (IPA) has developed new resources for parents and carers.

<http://ipaworld.org/resources/for-parents-and-carers-play-in-crisis/>

**In situations of
playing is your
way to cope**

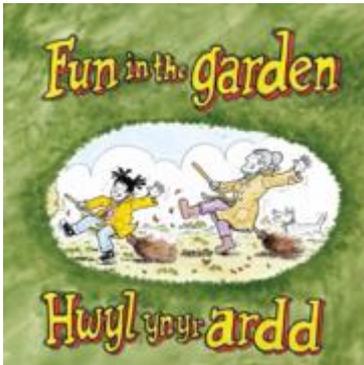
Promoting physical activity through outdoor play in early years settings

https://issuu.com/playwales/docs/promoting_physical_activity_through?e=5305098/35010783



[Older Children Play To](#)

Free Story Books



How can I get a copy of *Fun in the garden*?
If you would like a free copy of the book you must:

- Be working or living in Wales
- Sign up online to either the Play Wales or Playful Childhoods mailing list
- Provide your details, including a postal address, by email to admin@playwales.org.uk

<https://www.playfulchildhoods.wales/blog/fun-in-the-garden-a-right-to-play-storybook>



Fun in the Dungeon - free download

<https://www.playwales.org.uk/eng/news/1312-fun-in-the-dungeon--available-to-read-online->

30 play ideas

<p>1 Scavenger hunt</p> <p>Find daisies, berries, dandelion clock, buttercup, a leaf in red, green and yellow, a flower, a stick - can you find a worm?</p>	<p>2 Wheelbarrow race</p> <p>Have a wheelbarrow race with family and friends.</p>	<p>3 Climb a tree</p> <p>How far did you reach?</p> 	<p>4 Paint bingo</p> <p>Using a paint chart from your local DIY go for a walk and try match the colours to the paint chart?</p>	<p>5 Obstacle Course</p> <p>Make an obstacle course and have races with your friends. (use a hula hoop, boxes to run round, skipping...)</p>
<p>6 Make a huge painting</p> <p>You can use the back of unwanted wallpaper rolls or large sheets for this.</p>	<p>7 Bird watching!</p> <p>How many different birds can you spot in one day?</p> 	<p>8 Beach scavenger hunt</p> <p>Can you find: 5 types of shells; driftwood; 6 shiny pebbles; seaweed; and can you see a crab? Seagull?</p>	<p>9 Go for a walk and collect small rocks / pebbles / shells and paint them</p> <p>You could make these into domino!</p>	<p>10 Play hide and seek</p> <p>Why not try when dark with torches. Each person caught in a torch beam takes over the role of the seeker.</p>
<p>11 Roll down a grassy hill</p> <p>You could race your friends.</p> <p>Watch out for dog pool!</p> 	<p>12 Ball fun</p> <p>Get a bucket and see if you can throw a ball into it. Keep moving the bucket further away... can you still get ball in?</p>	<p>13 Make paper planes</p> <p>See which flies the farthest!</p>	<p>14 Build a den</p> <p>You can do this indoors or outdoors.</p>	<p>15 Go sampling</p> <p>This can be done indoors or in your garden.</p>
<p>16 Excavation time</p> <p>Freeze small toys in bowl of water. Once frozen excavate these out! Great for sensory play.</p>	<p>17 Make invisible ink</p> <p>Mix lemon juice and water. Use a cotton bud to write on white paper. Leave to dry. To read place near light bulb.</p>	<p>18 Be an inventor</p> <p>What can you make out of boxes, sticks and scraps of materials?</p>	<p>19 Draw and play and a game of hop scotch</p> <p>Use a stone or empty shoe polish tin as the thrower.</p>	<p>20 Night bowling</p> <p>10 plastic bottles same size, fill water and pop in glow stick.</p> <p>Great family fun!</p> 
<p>21 Chalk fun</p> <p>Get your friend to lie on the ground and draw round them - you can then add a smiley face!</p>	<p>22 Frisbee Fun</p> <p>How far you throw it?</p> <p>How many times can you and friends pass it before it drops!</p>	<p>23 Skipping fun</p> <p>How many skips can you do without stopping?</p> 	<p>24 Squirt gun painting</p> <p>Pin white paper on a wall, tree or place on ground... now paint!</p>	<p>25 Make a mud pie</p> <p>You can use empty cartons to make different shapes and sizes.</p>
<p>26 Go star gazing</p> <p>Make a telescope with empty cardboard tube and decorate this. Wait for the stars to come out - how many can you count?</p>	<p>27 Ice cube race</p> <p>Make and freeze ice cubes - add food colouring and have 4 of each colour. Then see who can melt their ice cubes the fastest.</p>	<p>28 Have a really loud music festival</p> <p>Use pots and pans and wooden spoons for drums!</p>	<p>29 Catch</p> <p>Place a shower cap on your head and cover this with shaving foam. See how many wotsits you can throw on your friends head.</p> 	<p>30 Water balloon fun</p> <p>Have a water balloon fight with your friends and family.</p>

Produced by Play Scotland, PlayBoard Northern Ireland, Play England and Play Wales for Playday 2018

Playful Childhoods helps parents, carers and grandparents to give children time, space, support to play at home. It has a wealth of ideas and information on children's play [Click here to find out more](#)

Playful Childhoods 'I'm boooooored!'



Looking for some ideas of how to keep the children entertained or even some messy play inspiration, then look no further!...

[im-boooooored](#)

Sport Wales Free Resources



The aim is to keep Wales' kids from ages three to 11 healthy and active through fun activities they can do with the rest of the family in their homes and gardens. They also aim to promote physical development and creative movement skills, as well as fire kids' imagination with exciting stories and themes.

[Dragon Sports/Play to Learn](#)

WREXHAM YOUTH & PLAY SERVICE | **CHWARAETH LEUENIG ID ACHWARA WRECCAN**

Bear Hunt Walk

Government advice currently states that families are allowed out once a day for exercise. This information sheet has been developed to inject some fun, playful activities into daily exercise and

We're going on a BEAR hunt, we're going to catch a big one! What a beautiful day!

Keep a log of your Journey:
How many people did you see?
Did you know them?
How many steps did you walk?
What was the weather like?

BEFORE YOU GO!

- Can you make a hat and some binoculars out of the bits you have in the home
- Can you draw a map of where you think the bears might be
- Don't forget to pack your rucksack and bring your teddy

What is a bear's favourite food?
Fish? Honey? Berries?

DURING YOUR HUNT

- Sing—We're going on a bear hunt, we're going to catch a big one, What a beautiful day, We're not scared
- Look for clues and foot prints?
- Can you make a lookout den?
- How many insects / bugs can you find?
- Ask local friends to put up teddies in their windows or gardens and try to spot them
- Roar like a bear!

WHEN YOU'RE BACK

- Can you make a bear puppet?
- Can you play hide & seek with your puppet where you close your eyes for 20 seconds while someone in the house hides it for you to find

important
Adhere to social distancing guidelines during any daily exercise. Remain at least 2 metres away from other people at all times

wrexham
YOUTH & PLAY SERVICE
WRECCAN

www.wrecsam.gov.uk | www.wrexham.gov.uk

Understanding Your Child's Play

Many of us are now really missing contact with our friends and family and our children will be feeling it too. Opportunities for children to play with others has been severely impacted. However, parents can facilitate online groups for children to play with each other whilst in the safety of their own homes.

There are lots of platforms/apps which can allow children to see each other whilst remaining in separate houses (games such as 'who am I?', scavenger hunts, pictorial and even eye spy) can be played together, or they can just catch up with a chat. Parents can join in too to ensure that children are safe online.

Lots of parents are reporting that their children are becoming short tempered and are falling out with each other more than usual. It is important to recognise that this behaviour could be their way to express their frustration at the moment. If we accept that it is an expression of feelings, we can then look at ways to direct frustrations in a way that avoids conflict.

Here are a few suggestions:

- 1) Set children a destructive task, eg flatten boxes, pop bubble wrap, shred paper, jump on bedpillows.
- 2) Assign an area of the house as a quiet area. This can provide the opportunity for children to 'cool down'.
- 3) When things get too much try to take time for yourself, move into a different room or walk around the garden.
- 4) If it's safe, try to take a step back and let them work it out themselves, it's a very useful life skill.

We would love to see any photos or videos of you and your family being playful. Please send them to play@wrexham.gov.uk and we will share in the coming weeks.

Useful links

For a free Play Wales children's story book send your details to

<https://mailchi.mp/playwales/funinbedungecoravalla-bleonlile-hwyfymyfenjnnargaalalein7e-b5fb4c3ae>

Young Wrexham Website

www.youngwrexham.co.uk

Play and Youth Support Team

Contact us:
play@wrexham.gov.uk

Play object of the week

How can I play with a...

Cardboard box

- A den
- A castle
- A boat
- A spaceship
- A robot
- A dollhouse
- Miniature World

How many more can you think of?



Playful Timetable		
	Indoor	Outdoor
Monday	Make a hammock using a sheet tied around a table.	Make a den, using the washing line and a sheet.
Tuesday	Set up a zoom group scavenger hunt.	Family scavenger hunt.
Wednesday	Make poems using food colouring and water, mix to make new colours.	Make your own perfume using flowers (only ones you are allowed to pick).
Thursday	Make a collage, (check the recycling bin).	Make a collage using things found in the garden.
Friday	Make your own bowling out of old bottles.	Challenge the family to a hopscotch game.
Saturday	Play Hotter or colder, hide an object for someone else to find.	Hide and Seek.
Sunday	Prepare a lunch that looks like a picture.	Play the floor is lava.

www.wreccsam.gov.uk | www.wrexham.gov.uk



Win Prizes....

Tŷ pawb

There's an art pack to be won every week in our prize draw for taking part in Family Art Club At Home!

We'll also be exhibiting some of your artworks as part of a new exhibition at Tŷ Pawb when we reopen later this year.

To enter, just complete this week's activity and share your photos of your creations by emailing them to typawb@wrexham.gov.uk

This week's activity is Animal Portrait Bunting!

Download all the instructions you need here- <https://bit.ly/2ZfIPk6>

And if one activity isn't enough, you can download all the previous Family Art Club Activities from our website - www.typawb.wales/artsathome

Really wild Lockdown

We'd like you to create a short 1 minute film of an action / behaviour of you or a member of your household - think David Attenborough meets You've Been

Framed!

All clips will be edited together to create a video of our different survival strategies, which will be shared on Facebook and in an exhibition when Tŷ Pawb reopens.

Deadline for submitting your video is Monday 25th May

For all the info visit www.typawb.wales/sophie-lindsey

[#ArtsAtHome](https://www.instagram.com/ArtsAtHome)

www.typawb.wales/artsathome



Can you take up the Active Wrexham Challenge?..

Every Monday morning at 10am a challenge or topic will be set for the week such as; a ball activity; a striking activity; a movement activity etc. Anyone who would like to take part will have until the 12noon on the Friday of the same week to send their videos, posts, photos etc in and we will select our favourite based on which one we think is the most creative. We will announce the winner on the Friday afternoon. Each week the winner will receive a prize of sports equipment which will be based on a different theme.

Instagram - Tag @ActiveWrexham

Twitter - Tag @ActiveWrexham / @WrexhamEgniol

Facebook Page - Active Wrexham

And finally.....

Looking for inspiration to entertain the children or just fancy reminiscing about childhood activities - these should raise a smile....

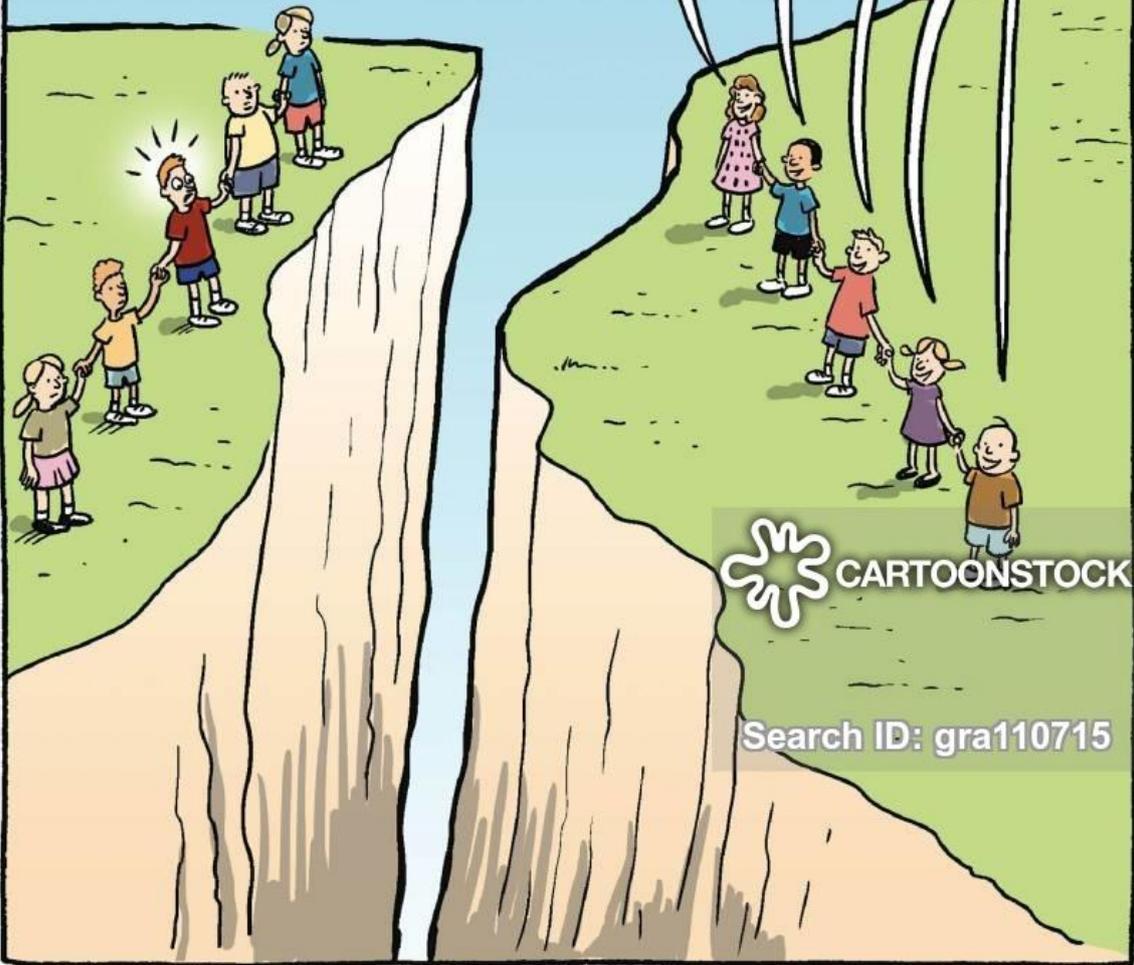
Top 30 playground games

1. Skipping
2. Hide and Seek
3. Tag / It
4. Hopscotch
5. Marbles
6. Red Rover / British Bulldog
7. Conkers

8. What's the time Mr. Wolf? / Statues / Grandmother's footsteps
9. Rounders
10. Rock, paper, scissors
11. Cat's Cradle
12. Kiss chase
13. Catch
14. Stuck in the Mud
15. Piggy in the middle
16. Jacks
17. Leapfrog
18. Double Dutch
19. Simon Says
20. 40-40-In / Blocky 123 / 52 Bunker
21. Cops and Robbers
22. I spy
23. Ring a Ring o' Roses
24. Pogs
25. Duck, Duck, Goose
26. The floor is lava
27. Wrestling
28. Wink Murder
29. Thumb War
30. Beanbag toss

guy & rod
7-15

RED ROVER, RED ROVER,
SEND **BILLY** RIGHT OVER!



CARTOONSTOCK

Search ID: gra110715



Contact us at helen.jones@wrexham.gov.uk
alan.williams@wrexham.gov.uk
nerys.bennion@wrexham.gov.uk