



Love Outdoor Play Week

15 – 22 March 2014

Hello and welcome to your **Love Outdoor Play Week** resource pack!

Love Outdoor Play Week is a campaign being led by RE:Play and is now in its fifth year and supported by Play England's *Love Outdoor Play* campaign. It is all about celebrating the play opportunities on offer in the fantastic green spaces across the South East.

We are trying to make this the biggest and best year yet! Aimed at children aged 11 and under, Love Outdoor Play Week is a great time to advocate how playing outside can improve children's health and wellbeing.

Nationally, 1 in 4 children will be over weight or obese by the time they reach Reception age. In order to help tackle the inequalities that some children face, South East Love Outdoor Play week is another medium to help make changes and to encourage children to be more physically active whilst having fun and playing.

With all this in mind, please find enclosed lots of useful resources and information to help you plan for **Love Outdoor Play Week 2014**.

Your **Love Outdoor Play Week** event doesn't have to be a huge public occasion, you may prefer to organise a smaller local event or you may choose to do something every day that week. Whatever your plans, we hope the resources in this pack will help you with planning how you can get involved.

Please let us know you are planning something replayenquiries@gmail.com and we will send you the evaluation tool to complete. The evaluation is really important so we know exactly how many people in the region are taking part and what the children thought of their event/activity. Evaluation of the events and activities is the key for enabling future funding and support when it becomes available.

Good Luck!

Share your event



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[Replay Southeast](https://www.facebook.com/ReplaySoutheast)



Love Outdoor Play Week 2014



Frequently Asked Questions

Thinking about running an event or activity for outdoor play week? See below for some tips and ideas to support you in planning and running your event.

What are the aims of Love Outdoor Play Week?

- To promote outdoor play to children (under 11's) and their families and to encourage greater use of accessible parks and countryside throughout the year.
- To demonstrate how love outdoor play can improve children's health and wellbeing particularly amongst those living in urban areas.
- Love Outdoor Play Week also aims to promote outdoor play all year round, in all weather

Natural play spaces are the ultimate play environment and children instinctively seek out and discover ways in which to interact with and use nature. Outdoor play in natural spaces is extremely important to allow children to be spontaneous and create and explore their own imaginary worlds.

When is Love Outdoor Play Week 2014?

This years Love Outdoor Play Week is taking place 15th – 22nd March 2014

What can we do at our setting/centre?

Your Love Outdoor Play Week event doesn't have to be a huge public occasion, you may prefer to organise smaller local events. You may chose to do one event, or you may choose to do something every day that week.

Whatever your plans, it may be useful to follow some of the following tips.

Get a planning group together

Think about who to involve. Don't forget to invite children and young people onto your planning group! Define your roles and make an action plan of key tasks, and who will do them within agreed target dates.

Set goals

What do you want the people who attend to get out of it? As well as having fun, Love Outdoor Play Week provides an opportunity to advocate the benefits of outdoor play. Think about how you can use your event to highlight the issues. There are some documents included in this pack to help you.

Decide on a venue

Events can be held anywhere , so long as it is **OUTSIDE!** It could be in the garden at your nursery, pre-school, out of school club or Children & Family Centre. Alternatively, you could use open spaces in your community like a park or village green or even the beach.



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FAQ continued...



Plan publicity and spread the word

Use Facebook and Twitter to publicise your event for FREE **#Love Outdoor Play Week**;



[@replaysoutheast](https://twitter.com/replaysoutheast)



[Replay Southeast](https://www.facebook.com/ReplaySoutheast)

Don't forget to include dates and times.

If you can get some posters and leaflets produced to hand distribute in your local area.

Take advantage of children's centres, libraries and schools to display posters and promote your event for you.

Celebrate every child's right to play in the great outdoors!

On the day, make sure you have lots of fun celebrating children's right to play outside and the benefits it brings! Don't forget to ensure that any activities or event are accessible for **ALL** children regardless of age, ability, race and background.

We haven't got any money to run an event?

Outdoor play events shouldn't need to cost a penny - just your time and commitment. For example, going on a bug hunt, a welly wander or a nature scavenger hunt are all free. For other cheap or free ideas see the section on **"what sorts of things can we do?"**

What sorts of things can we do?

Love Outdoor Play Week activities are only limited by your imagination! Anything at all that is outdoors and playful will be perfect, there are no boundaries.

Remember your own childhood memories of playing in natural places: damming, running, climbing, digging, splashing, and watching are just some of the great play memories. Give children the opportunity to try out some of these activities for themselves.

Examples of activities include;

- | | | | |
|---------------------------------|-----------------|--------------------|---------------------|
| ☐ Nature Scavenger Hunt | ☐ Bug Hunts | ☐ Welly Wander | ☐ Den building |
| ☐ Mud Pie making | ☐ Tree Climbing | ☐ Pond dipping | ☐ Nature Pictures |
| ☐ Kite making and flying | ☐ Bubbles | ☐ Outdoor chalking | ☐ Pebble sculptures |
| ☐ Fire Play and outdoor cooking | | | |

There are lots more ideas on the nature detectives website www.naturedetectives.org.uk or www.50things.org.uk



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FAQ continued...

What do we do if the weather is bad?

Don't let bad weather put you off: play needn't be spoiled by a bit of rain. In fact, children are usually less worried by a little cold and rain than their parents, especially if they're running around and keeping warm. If it's wet and muddy outside, suggest that children come dressed in old clothes and wellies.

**Please feel free to pass on information for
Love Outdoor Play Week to anyone you think may be
interested in getting involved!**

Let's get the whole county outside and playing!



Outdoor Play Week 2014

More ideas for outdoor play!



Use a prism to catch a rainbow: Every ray of light has a rainbow captured within it. With a prism you can bring them to life. Just put the prism in the light and watch what it reflects. What colours do you see?

Watch the sunset and sunrise: Get together with your family and watch the sunset or sunrise. Look at all the different colours that appear. What colour does your child like the most? Where else do you see those colours in life?

What scent is this? Gather four different objects with different scents, like grass, flowers etc. Place the object close to the child's nose with his or her eyes closed and ask the child to smell it and try to identify what it is.

The smallest bug: Use a magnifying glass to look at the smallest plant or animal you can find. How many legs does it have? Does it have wings? Does it wave at you?

Rock and roll-ie pollies: Lift up a rock and check out the life underneath. What do you see? Bugs? Worms? Woodlice?

What's growing in the footpath? Take the time to stop and see what's growing in your backyard or between the cracks of the footpath. Are there different types of grasses or weeds? It's amazing how much can grow in such a concrete environment.

Have a secret space: Make friends with one spot in nature for a whole year. See how it changes each month. Take photos or make a scrapbook with leaves and flowers you find at different times of the year.

Collect seashells by the seashore: Talk a walk along the beach, gathering any pretty or interesting seashells you find. Save them for a beach diorama or make a sandcastle and use them as decoration.



Outdoor Play Week 2014

More ideas for outdoor play!



Nature's art is your art too! Look around outside for gum nuts, pinecones, sticks, or rocks. Bring your favourite ones inside. Grab some glitter, paint and glue and make some really great original sculptures. This is perfect for bringing the outdoors inside.

Make a mini cubby with twigs: Your little builder will have fun doing this on his own or with help. All that is needed is a pile of twigs or small sticks. Add a roof to the cabin by laying some light leaves out on top. Take it to the next level by creating a stick fence around the cabin or outlining a driveway with grass.

Keep a flower tally: Count the flowers in your garden in the spring once a week for three weeks. Compare your tallies. Your kids will have fun watching the numbers go up as the flowers bloom into spring.

I spy five things that fell from the sky: Look around on the ground near some trees. Can you spot anything that fell from above? Try to find 5 different things, take a good look and figure out what they are.

Ant watchers: There are ants everywhere! Try following them to their home and see what they're up to. Where do they live? How many can you count in one place? Drop some a crumb of food nearby and watch them come pick it up and take it away! Warn children against red ants! They are definitely not as fun as the black ones!

Look for shapes in the clouds: Find a plot of grass and lay down with your child. Look at the different cloud shapes. Do you see anything? What could they be?

Climb a tree: With a tree you can explore up! Climb and see what you can see.

Rock painting master: Rocks are the perfect blank canvas and become anything from people to animals and beyond. Put them in a basket or a bowl to share with people who visit.



Outdoor Play Week 2014

More ideas for outdoor play!



Explorer

Everyone can have an adventure. Pick a hiking trail and consider getting a compass and topographical map of the area. Try to plot your hike on the map as you go.

Be flashlight explorers

Try a night time adventure. Go for a night walk in the backyard with torches and see what you can spot. What comes out at night that doesn't come out during the day? It's a whole different world out there once the sun goes down.

Guess what's inside! Nature's mystery bag

Collect different types of leaves, grass, twigs and foliage that will fit in a sack. Have kids reach their hands inside (without looking!), hold onto something. Children will have fun guessing what they're touching.

Nature scavenger hunt

Make a list of some common things and a few rare ones that can be found outside near your home or in a park. You can include things like: an oak leaf, an acorn, a dandelion, a pinecone, a "helicopter" seed etc. Alternatively you could have an alphabet hike - try and find something natural which begins with each letter of the alphabet

Become a master grass whistler

Want to whistle a tune? Your child can make a grass whistle easily with a blade of grass between their thumbs. You place the blade of grass tightly between your thumbs side-to-side. Blow through the hole created between your thumbs' knuckles and base.

Sneaky secret agent, mission: bug discovery

This is your mission if you choose to accept it. Create mini search parties and seek out bugs and insects. Compare relative sizes and shapes - not all bugs are alike! For an extra challenge, try catching one in a jar, but don't forget to let him go once you're done.



Outdoor Play Week 2014

More ideas for outdoor play!



Listen for bird sounds: Sit or lay down on the ground in your garden or at a park. Can you hear bird sounds? They're happy to sing for you and your children! Older children might enjoy bringing binoculars and trying to find the birds in the trees or identifying which ones make certain calls.

Peanut butter and pine cone bird feeder: If you find a pine cone on a walk bring it back to the house for this fun task. Start this creation by tying wire or twine to the stem of the pine cone. Grab your favourite peanut butter from the kitchen and spread it all over the pine cone. Yes, this might be messy! Fill a container that is large enough to fit the pine cone with bird seed. Roll the pine cone in the bird seed so that the peanut butter has caught it. Now you're done and you can hang it up outside!

Make or play on a rope swing: Pick out a sturdy tree with your child. Look for one with a strong branch that runs parallel to the ground. You and your child are also going to need to find a strong stick to be the swing part of the rope swing. Have the adult reach the branch by use of the ladder. Secure the rope using a clove hitch around the branch and the stick.

Make a leaf collage: Leaves can make beautiful art. Try making a collage with leaves. Lay out some card or large paper and grab some glue. You can recreate some trees, your back garden, or just make anything you can imagine!

Make a bird bath: Birds love to freshen up after flying all day and they're great to watch. Use some empty plant pots or even a frisbee as the bath. Take the container out to your garden and let the birds come to you! The best bird baths will have running water. You can turn an old plastic bottle into a drip bottle as another do-it-yourself project.

Mud pie master pie maker: Do you have any pie tins lying around the house? Take your kids outside where there is some good looking mud and bring a mixing bowl and the pie tin. Get your hands in there and glop several handfuls of mud into the mixing bowl). Stir the mud concoction so that you get all the lumps out and it's as smooth as brownie batter. Pour the mud into a pie tin and leave out in the sun to dry!



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Useful free or low cost items for outdoor play

- large pebbles
- gardening tools
- cardboard boxes
- old type clothes horse
- maps
- herbs
- CD's
- wind break
- bags
- pans
- baker's trays
- rope (washing line)
- fir cones
- watering cans
- twigs
- garden trellis
- cardboard tubes
- baskets
- balls of materials
- seed trays
- milk crates
- camping equipment
- suitcases
- garden umbrella
- cones
- picnic set
- logs/cross sections
- windmills
- wool
- wind chimes
- pieces of guttering
- dressing clothes
- shells
- plant pots
- tyres
- chinks
- wellingtons
- paint
- carpet tiles
- waterproof clothes
- planters
- kites
- seeds/cuttings
- bubbles
- blankets
- road atlases
- wood shavings
- wind socks
- sheets
- paint brushes
- curtains
- flags
- hose pipes
- clipboards
- hanging baskets
- Paper streamers
- large rolls of newsprint/wallpaper

Resources for rain

- Waterproof clothing and wellies
- Foil-wrap umbrellas and listen to the sound
- Absorbent and non-absorbent materials
- Child sized brooms for sweeping puddles
- Sponges, decorator's brushes and rollers
- Builders tray for creating puddles
- Plastic sheeting of tarpaulin for creating waterproof shelters or painting in the rain
- Umbrellas
- Chalk for drawing round puddles
- Collections of materials that float and sink
- Guttering for channelling rain
- Containers for collecting rain
- Pop up tents



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Resources for snow

- ☐ Warm Clothes
- ☐ Buckets and containers
- ☐ Rakes and sticks for pattern making
- ☐ Bottles, food colouring for colouring snow
- ☐ Black paper and magnifiers for catching and examining snowflakes
- ☐ Scoops and shovels
- ☐ Builder's tray
- ☐ Sheets for making snow shelters
- ☐ Brushes and paint for snow paintings

Resources for fog

- ☐ Torches and bicycle lights
- ☐ Cones and tubes for making own fog horns
- ☐ Home-made tin can telephones for communicating across a foggy space
- ☐ Bike hooters for fog horns
- ☐ Magnifiers to look at droplets on leaves

Resources for wind and air

- ☐ Feathers of different sizes and colours
- ☐ Larger pieces of fabric for capes
- ☐ Bubble blowing kits
- ☐ Handheld windmills
- ☐ Card and garden sticks for flags
- ☐ Sycamore seeds
- ☐ Windbreaks for sheltering behind
- ☐ Kites
- ☐ Hair-bands to attach items to children's wrists
- ☐ Floaty materials or scarves
- ☐ Balloons, different shapes and sizes
- ☐ Ribbons or steamers
- ☐ Paper bags, bin-liners and string for kites
- ☐ Confetti or scraps of rice paper
- ☐ Big pieces of stiff card to run with
- ☐ A parachute
- ☐ Collection of materials for making wind chimes
- ☐ Old umbrellas which will turn inside out



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FACTSHEET 3

Physical activity guidelines for

CHILDREN AND YOUNG PEOPLE (5–18 YEARS)



1. All children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.
2. Vigorous intensity activities, including those that strengthen muscle and bone, should be incorporated at least three days a week.
3. All children and young people should minimise the amount of time spent being sedentary (sitting) for extended periods.

Individual physical and mental capabilities should be considered when interpreting the guidelines.

Examples of physical activity that meet the guidelines

Moderate intensity physical activities will cause children to get warmer and breathe harder and their hearts to beat faster, but they should still be able to carry on a conversation. Examples include:

- Bike riding
- Playground activities

Vigorous intensity physical activities will cause children to get warmer and breathe much harder and their hearts to beat rapidly, making it more difficult to carry on a conversation. Examples include:

- Fast running
- Sports such as swimming or football

Physical activities that strengthen muscle and bone involve using body weight or working against a resistance. Examples include:

- Swinging on playground equipment
- Hopping and skipping
- Sports such as gymnastics or tennis

Minimising sedentary behaviour may include:

- Reducing time spent watching TV, using the computer or playing video games
- Breaking up sedentary time such as swapping a long bus or car journey for walking part of the way

What are the benefits of being active for at least 60 minutes each day?

- Improves cardiovascular health
- Maintains a healthy weight
- Improves bone health
- Improves self-confidence
- Develops new social skills

For further information: *Start Active, Stay Active: A report on physical activity for health from the four home countries' Chief Medical Officers* (2011)



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Useful Outdoor Play Websites

www.replayse.weebly.com

www.playengland.org.uk

www.loveoutdoorplay.net

www.ltl.org.uk (Developing outdoor environment)

www.plantforlife.info/naturesnurture (information about child friendly plants)

www.naturedetectives.org.uk

www.skillsactive.com/playwork

www.ncb.org.uk/cpis/ (Factsheet No.10 Children's Play in Natural Environments)

www.playday.org.uk

www.kids.org.uk

<http://www.nhs.uk/change4life/Pages/play-for-life.aspx>

www.playwales.org.uk (Using Fire as a Resource in Playwork Settings)

www.forestry.gov.uk

www.forestschoools.com

www.50things.org.uk