



Jump
around!

Whatever the
weather, get
out and play!

East Lothian Play Association: elpa.org.uk
illustration by Helen Wyllie: wylliecat.co.uk

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Get windswept

Whatever the
weather, get
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3

Build
a
den



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Musical
parade



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Get up high



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Go on a mini adventure

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Look up

What can
you see?



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Potions and mud pies



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Colour walk

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10 Hide and seek



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Whatever the weather, get out and play!

Use this guide to explore and play around your neighbourhood.

1 Jump around!

Can you be a jumping bean, grab a leaf or jump clear over a puddle? Jump high, jump far, or monkey around.

TIP: play makes physical exercise fun!

2 Get windswept

Go out on a windy day. How does it make you feel? In autumn you can throw leaves. Listen to the wind and watch what it can do.

TIP: children feel happy when they play. It's an essential part of a healthy, happy childhood.

3 Build a den

Can you make a cosy space to hide in or peek out of? Dens can be quite fancy, or really simple – they might even just be a space in a bush!

TIP: children can imagine whole worlds in dens. They can also be a useful space to relax in.

8 Potions and mud pies

You can mix up a treat or a magical spell with just a few simple ingredients.

Mud and water will do, then garnish with leaves and petals.

TIP: children learn through play. Watch skills develop. Listen and you will hear stories, negotiating, counting.

9 Colour walk

On your walk can you spot all the colours of the rainbow?

TIP: adapt this to suit children's interests, e.g. numbers, letters in their name, shapes. Ask children for their ideas.

10 Hide and seek

A simple, classic game that you can play anywhere, even while on the move.

TIP: playing, laughing and having fun together supports healthy relationships.

4 Musical parade

Turn your walk into a musical parade. What can you find that makes interesting noises? Try singing a song as you walk along.

TIP: spotting things, singing and silly walks can help get tired legs home.

5 Get up high

Climb a hill, a wall or a tree. What do you see? What can you be?

TIP: children will adapt this activity to suit their ability. All children need challenges and opportunities to take risks; it's part of their happy, healthy development.

7 Look up

What can you see?

Are there pictures in the clouds? Draw the shapes you see.

Why not go out in the dark? Can you see the moon, the stars?

TIP: dress for the weather. Everyone will have more fun if they are cosy and dry.

6 Go on a mini adventure

On your walk, stop to study holes and cracks.

Turn over stones, what is down there? What stories can you come up with?

TIP: whenever you can, allow extra time to play while out.

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