

## **Play Suggestions during lockdown**

### **Play and Wellbeing**

Children need to play, the drive to play is an innate urge in every child. Play provides opportunity for children to navigate the world and make sense of themselves and their surroundings. The need for Play is critical if we are to counterbalance the impact of COVID-19 on the health and wellbeing of children and to help children adapt to the changes caused by Coronavirus .

Play has great therapeutic value for children enabling them to work through trauma, form friendships, explore identity, develop physical and cognitive skills, creativity and resilience, in their own way and at their own pace.

### **How can I support my child to engage in Play?**

- Make time for Play - As parents, you are the biggest supporters of your children's learning. You can make sure they have as much time to play as possible during the day to promote cognitive, language, physical, social, and emotional development
- Think about how you can give your child as much freedom and control in their play as possible. Allow them to play in their own way
- Encourage your child to come up with their own solutions to help look after themselves and others
- Children love to be able to manipulate and adapt the environment for themselves, eg moving things around and adapting their use. Can you provide opportunity for your child to build/adapt a space / use an item in a different way
- Involve your child in the decision making process. Children's participation increases ownership of their play spaces and the ability to feel in control as far as is reasonably practicable.
- Trust your own playful instincts. Remember as a child how play just came naturally? Give your children time for play and see all that they are capable of when given the opportunity.

### **Ideas to for Play activities**

For inspiration, think back to the things that you enjoyed doing when you were playing as a child and try to encourage and support your child to be able to enjoy similar experiences.

As well as using your own experiences there are a number of useful online resources to support your child's play. These include:

- **Young Hackney PlayTastic Videos**

To support young people during lockdown, Young Hackney's play team have created a series of Play Tastic videos. Ideas for activities range from arts and crafts based play (eg finger knitting, make

a leaf rose crown) to musical (eg make a soda bottle guitar) and active based play. New videos are uploaded on a weekly basis.

<https://www.youtube.com/channel/UCEE7jtn3soL7dB87ED8VSA/videos>

- **Young Hackney online hub**

Young Hackney has produced a programme of virtual activities for young people to take part in, from games and sports to discussions and quizzes, there's something for everyone.

<https://www.younghackney.org/campaign/online-youth-hub/>

- **Draw with Rob**

#DrawWithRob is a series of draw-along videos that young people can watch and draw along with. Rob Biddulph is a bestselling and multi award-winning author/illustrator.

New draw along videos are posted every Saturday at 10am.

[https://www.youtube.com/channel/UCBpgrJijMpk\\_pyp9uTbxLdg](https://www.youtube.com/channel/UCBpgrJijMpk_pyp9uTbxLdg)

- **Nature play activities**

Play England have produced play activity recipe cards to help children and young people explore nature and experience the benefits of connecting with the natural environment through play. The recipe cards include play ideas for active play, building activities, cooking, creative play and messy play. The recipes can be completed in a park, garden or any open space.

<http://www.playengland.net/resource/nature-play-activity-recipes/>

- **Youth Sport Trust - After School Sports Club**

Try some new sport activities, learn some new skills and, most importantly, have fun!

The After School Sport Club will be led by Athlete Mentors from different backgrounds, abilities and sports. Every day at 5pm from 16 November until 18 December, children and young people can join in with the live broadcast for free on the YST's YouTube channel.

The different daily themes are below:

- Adventure Monday – This might involve getting children to do floor, wall climbing and map reading all within their living room
- Tuesday Play – Imaginative play utilising resources in the house to create games and activities to get active
- Wild Wednesday – Some high tempo competitive activities involving personal challenges

- Thinking Thursday – Introducing cognitive challenges for children through movement. Active noughts and crosses and introducing an element of competition – whether that be against themselves, the clock, their siblings or remotely with friends
- Fun Friday – A chance for children to let loose and have some fun. Dancing and doing what makes them feel good.

<https://www.youtube.com/user/YouthSportTrust>

- **Change 4 Life - Fun Games to get kids moving**

Inspired by everyone's Disney and Pixar film favourites, Change 4 Life has produced 10 Minute Shake Up games that are fun for all the family – and a great way to stay active, indoors or out!

<https://www.nhs.uk/change4life>