

# PLAY WALES

Chwarae Cymru

Play Wales is the national charity for children's play

We champion every child's need and right to play:

Raising awareness

Promoting good practice

Providing advice and guidance across all sectors

**We envision a future where play is valued in Wales for being crucial to a healthy and happy childhood**



In recent surveys, children across Wales have reinforced the well-known and accepted fact that playing matters to them. The views of the children humanise the compelling evidence: play supports children to feel part of their neighbourhoods and wider communities. Playing allows children to learn about the world around them, make connections and develop a sense of identity and belonging.

In those surveys, children's views also reinforce that we don't have to spend money on expensive activities or travel miles to a particular play space – **everybody can provide low-cost opportunities to play in their own communities**. From building dens to making splodgy paintings, splashing in puddles or playing hide and seek – there are so many ways to play.



## How can community & town councils get involved?

For town and community councils, there are how to guides, practical advice and inspiring examples in the Play in the Community section of the website.



Having plenty of opportunities to play every day has traditionally provided children with a sense of fun, with added benefits that can act as protective factors against everyday uncertainty and the negative impact of adversity.

Many of us have fond memories of growing up in a time when it was accepted that children played outside, in and around their neighbourhoods with friends. **The spaces near where we live and grow up have always been a place of connection** – full of nooks and crannies where magic erupts when children have enough time and are allowed to play.

Playing often happens without much planning but sometimes it's helpful to have a few suggestions ready – we all run out of ideas sometimes. To help parents and communities to give children a happy, healthy childhood through play, every day, Play Wales has developed the **Playful Childhoods website**.



Parents can feel under pressure to entertain their children with costly activities or far-off trips... but playing and having fun needn't be expensive. Often the simplest everyday ideas can provide the most carefree enjoyment for children and make their break from school memorable.

**Read Play Wales Focus on Play Community & Town Council Report**



**Watch the Play Wales presentation from our recent webinar here**



# PLAYING INDOORS

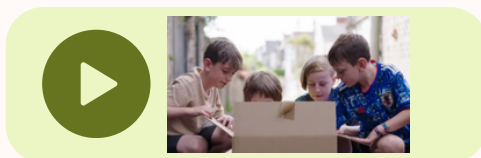
We have collected our favourite low-cost or no-cost all-weather play ideas for children of all ages and families to enjoy

Weather and busy schedules mean sometimes play must move indoors, but there are plenty of ideas children can enjoy.

- **Making music** – household objects like pots, pans, tins, wooden spoons or plastic bottles filled with rice can be the perfect kit for starting a musical rock band.
- **Floor is lava** – a great way for children of all ages to stay physically active indoors. Gather up your cushions and pillows and let your child's imagination go wild as they hop, jump and climb their way around your home.
- **Host a talent show** – Choreographing a dance routine to a favourite song, becoming a teddy ventriloquist, performing a magic trick... hosting a talent show can be a great way to boost children's confidence and have fun.
- **Make use of everyday items** – children have such rich imaginations – a box of everyday household items can unlock a whole world of play. A kitchen roll tube can become a telescope for gazing at the stars, a bedsheet can become a tent.

Letting children play freely with household objects is a great way to encourage their creativity.

Check out our [Playing on a Shoestring video](#) for more inspiration.



**Sometimes the simplest ideas are the most fun!**



## BUDGET-FRIENDLY OUTDOOR PLAY

Whether you live near a park, a coastline or in an urban environment, there are outdoor ideas to suit all...

- **Mini Olympics** – making obstacle courses and having races with friends is a great way to hang out and stay active. You can use play equipment like hula hoops and skipping ropes, or everyday objects like cardboard boxes, brushes or chairs.
- **Den building** – household items such as old blankets, chairs and laundry rails can make the perfect hiding place for play. Supermarkets and hardware shops are also good places to gather free items, such as cardboard boxes, for children to expand their den building.



Children and teenagers need, and have the right to, quality spaces and time for play as part of their everyday lives in their communities.

Community and town councils in Wales are in an ideal position to be play champions for the communities in which they live and serve.

Lots of useful toolkits and information can be found here



**Become a member of Play Wales for FREE**

Want to Find Out More?

For more information on the One Voice Wales Cost-of-Living Crisis project contact the team at: [colc@onevoicewales.wales](mailto:colc@onevoicewales.wales)