Follow our Twitter @PlayScotland

www.playscotland.org

Be a Playful Teenager

Jump in puddles Be fun Laugh EXPLORE

Tell jokes CLIMB TREES Have picnics

Play cards with your friends Listen

Be creative Sing silly songs Say YES to play

Make a den and camp overnight

Run outside Make time to play Get messy

Play board games Tickle Play in the rain

Blow bubbles Smile Make memories

Play music loud and dance Make time to play

Play is for everyone

#playeveryday