



Active Ways to Play

You are never too old to play!

“Those who play rarely become brittle in the face of stress or lose the healing capacity for humour”

Stuart Brown

Skip along the street **Roll down a hill** **Find a swing and have a go**

Go a walk and have a silent disco

“We don’t stop playing because we grow old; we grow old because we stop playing”

George Bernard Show

Do 10 star jumps every day for a week **Go a torchlight walk and make up a story**

Go puddle jumping *Hop on each leg 10 times*

“Childhood may be over, but that doesn’t mean playtime is”

Roy Olson

Challenge a friend to race you round the block **Run up and down outdoor steps**

Do a cartwheel/handstand **Dance in the rain**

“Deep meaning lies often in childish play”

J F von Schiller

Taste a raindrop **Play in mud barefoot** **Make and fly a kite**

Play a Childhood game i.e. skipping/hopscotch/chase

#playeveryday