



Follow our Twitter @PlayScotland

[www.playscotland.org](http://www.playscotland.org)

## Be a Playful Carer

Jump in puddles Laugh at their jokes

Be fun Climb trees EXPLORE Sing silly songs

Run in the park Say YES to play

Make a den and camp overnight Be creative

Get messy Play in the mud Laugh

Play in the rain Listen Blow bubbles

Play music loud and dance Make time to play

Make memories Smile Play clap hands

Have picnics inside Tickle

You can't get their childhood back

– make every moment count

#playeveryday