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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

