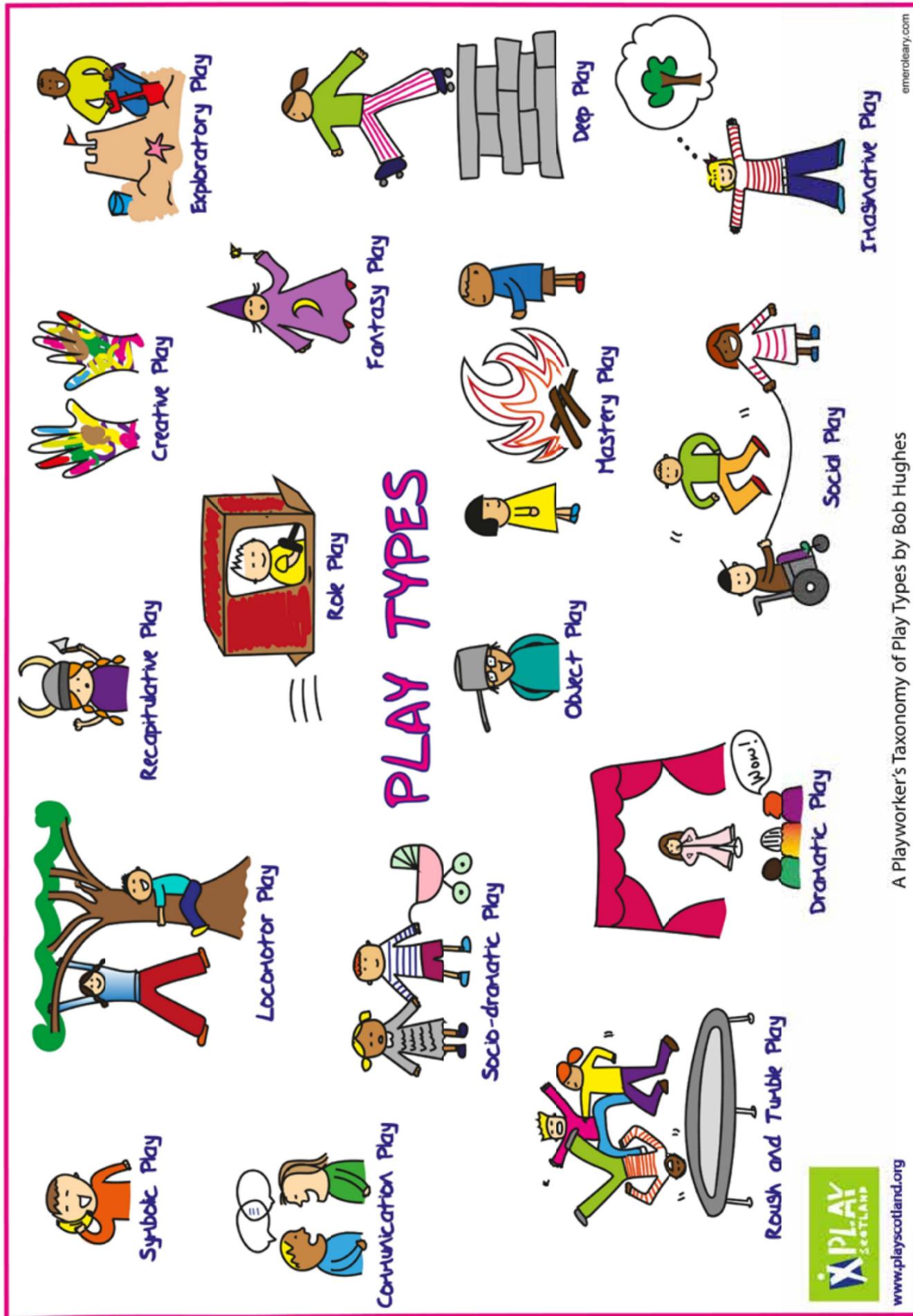




# Annual Review 2016

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

**PLAY**  
SCOTLAND



A Playworker's Taxonomy of Play Types by Bob Hughes

Play Types were developed by Bob Hughes and are examined in far more detail in his book *A Playworker's Taxonomy of Play Types*. There are 16 acknowledged play types which provide playworkers, managers and trainers with a common knowledge for describing different types of play. Play Scotland commissioned a poster showing images of these types which will run alongside our forthcoming Play Types Toolkit which will be launched in 2017.

## Play Types

- **Symbolic Play** - play which allows control, gradual exploration and increased understanding without the risk of being out of one's depth.
- **Rough and Tumble Play** - close encounter play which is less to do with fighting and more to do with touching, tickling, gauging relative strength. Discovering physical flexibility and the exhilaration of display.
- **Socio-dramatic Play** - the enactment of real and potential experiences of an intense personal, social, domestic or interpersonal nature.
- **Social Play** - play during which the rules and criteria for social engagement and interaction can be revealed, explored and amended.
- **Creative Play** - play which allows a new response, the transformation of information, awareness of new connections, with an element of surprise.
- **Communication Play** - play using words, nuances or gestures for example, mime, jokes, play acting, mickey taking, singing, debate, poetry.
- **Dramatic Play** - play which dramatizes events in which the child is not a direct participator.
- **Deep Play** - play which allows the child to encounter risky or even potentially life threatening experiences, to develop survival skills and conquer fear.
- **Exploratory Play** - play to access factual information consisting of manipulative behaviours such as handling, throwing, banging or mouthing objects.
- **Fantasy Play** - play which rearranges the world in the child's way, a way which is unlikely to occur.
- **Imaginative Play** - play where the conventional rules, which govern the physical world, do not apply.
- **Locomotor Play** - movement in any or every direction for its own sake.
- **Mastery Play** - control of the physical and affective ingredients of the environments.
- **Object Play** - play which uses infinite and interesting sequences of hand-eye manipulations and movements.
- **Role Play** - play exploring ways of being, although not normally of an intense personal, social, domestic or interpersonal nature.
- **Recapitulative Play** - play that allows the child to explore ancestry, history, rituals, stories, rhymes, fire and darkness. Enables children to access play of earlier human evolutionary stages.

Should you wish a free pdf of this poster please email [sharonmcluskie@playscotland.org](mailto:sharonmcluskie@playscotland.org) quoting 'Playtypes'.



In September Play Scotland relocated their offices from Roslin to Rosebery House in Edinburgh which houses Commissioner for Children and Young People Scotland, Together Scotland, Children in Scotland, Youth Sector partners and more!

## Chair's Review Harry Harbottle

2016 proved to be another very exciting year for Play Scotland. I was delighted that we secured our core funding for the next three years which will allow the organisation strategically and directly to support the improvement of children's outcomes through play experiences. This enabled the Board to progress the organisation's head office move into Edinburgh so that we can now work alongside many of our partner organisations and become more accessible to our membership and play sector colleagues. The staff team have ensured a smooth transition and we are grateful to the support received from Children in Scotland with our move.

One highlight of this memorable year for Play Scotland was the Ministerial Round Table Event: Play Planning and Place chaired by Minister Aileen Campbell, which focussed important attention on planning as a central play-lever in communities. The key messages from the seminar have been embedded in our Play Strategy work with a number of Community Planning Partners. However, more high level engagement is required to secure the future of Street Play and other doorstep-play initiatives across Scotland.

Another high point was the Four Nations Symposium held in Belfast in March. This provided an excellent opportunity for delegates and high level officials from the four nations to discuss collective actions we can make to secure significant wins for children's play opportunities across the UK.

The sun shone on Playday this year as we welcomed our new Minister Mark McDonald to Playday in Aberdeen. And the sun continued to shine as we completed key elements of the Playful Families Project, launching the Boredom Busters App to encourage more play every day!

The Raising Attainment Seminar showcased the best of research and partnership working in promoting the importance of play, active play and daily play in developing children and young people's creativity, imagination, learning, and adventure-making.

In November the AGM saw a wide range of new and talented Directors join the Board of Play Scotland to continue to nurture, strengthen and plan a vibrant future for the organisation. They are very welcome.

Most importantly I would like to thank all the staff of our small but incredibly hard working team for all their amazing achievements this year. My thanks also to my fellow active and very supportive Board Directors.

## Chief Executive Report Marguerite Hunter Blair

Driving change for children and young people through play has taken us all over Scotland this year. From roadshows to research, and from our new Boredom Busters App to bridging the attainment gap we have been influencing an active and creative play culture across the country. From consultation responses on Planning Reviews and Part 3 Guidance for Children and Young People (Scotland) Act 2014 to presenting the Play Map at the 8th Child in the City Conference Ghent, and from research into Playful Families to Playing Together with Youthlink, Play Scotland has had a diverse and immensely productive year. Working with new partners promoting the NHS (Health) Place Standard while supporting the Care Commission in a positive approach to risk and playing outdoors, training and delivering the Play Map in Dundee and East Lothian while supporting many other Community Planning Partners - it has been an inspiring journey. Producing the hugely popular Play Types poster and game-changing Play Charter has raised the bar by encouraging people to be play champions: politicians, health commissioners, parents and providers included. The Play Movement in Scotland is seriously alive and well!

Immense thanks as always to our overworked staff team and those who work for us throughout the year, including our highly motivated and committed Board, Your contributions are valued and contribute to making the child's right to play a reality in Scotland!

Read on to see of what we have been up to, then sign the Play Charter and pledge to be a Play Champion! Visit our website for much more detail and follow us on social media- tens of thousands of others do and contribute to much needed culture change for playful communities.

### Play Scotland Board

Harry Harbottle – Chair

John Cleary – Treasurer

Ross Dunn – Company Secretary

Dr Simon Knight, Dr John McKendrick,  
Ali McDonald



At the AGM the following Board Directors stepped down: Paul Gallacher.  
We welcomed Liane Bauer, Dr Jenny Wood, Louise McKie, Eric Mitchell,  
Paul Liddell and Heather Armstrong.

Play Scotland, Level 1, Rosebery House, 9 Haymarket Terrace, Edinburgh EH12 5EZ

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**Marguerite Hunter Blair**  
Chief Executive

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**Cherie Morgan**  
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**Sharon McCluskie**  
Information & Communications

## STATEMENT OF FINANCIAL ACTIVITIES

For the year ended 31st March 2016

	Unrestricted Funds	Restricted Funds	2016 Total Funds	2015 Total Funds
	£	£	£	£
<b>INCOMING RESOURCES</b>				
<b>Incoming resources from generated funds</b>				
Voluntary income	237,660	385,703	623,363	220,876
<b>Incoming resources from charitable activities</b>				
Conference fees	28,983	-	28,983	8,105
Total income resources	266,643	385,703	652,346	228,981
<b>RESOURCES EXPENDED</b>				
<b>Charitable activities</b>				
Support costs of charitable activities	244,097	183,528	427,625	238,383
Governance costs	-	-	-	3,019
Total resources expended	244,097	183,528	427,625	241,402
<b>NET INCOMING/(OUTGOING) RESOURCES</b>				
Transfers between funds	22,546	202,175	224,721	(12,421)
Net movement in funds	815	(815)	-	-
	23,361	201,360	224,721	(12,421)
<b>RECONCILIATION OF FUNDS</b>				
Total Funds brought forward	11,241	-	11,241	23,662
Total Funds carried forward	34,602	201,360	235,962	11,241

The financial statements were approved by the Board on 24th November 2016 and signed on their behalf by Mr. John Cleary, BA, CA., Treasurer

Registered Company Number: SC197785 Registered Charity Number: SC029167

## Playing Together Symposium



Play Scotland was delighted to work in partnership with YouthLink Scotland, supported by the Scottish Government, on a joint Play and Youth Work symposium. This event was called **Playing Together**, and was held in March 2016.

**Playing Together** was a one day event to bring together leaders and service managers from the play and youth work sectors to listen, learn and engage in discussion on the possibilities for closer working, and fulfilling the right to play for children and young people aged 8-18.

In Scotland we have two active Scottish Government policies:

**National Youth Work Strategy** which is for children and young people aged 11-25 years and the **National Play Strategy** which is for children and young people 0-18 years.

"Article 31 establishes the **right to play for all children and young people up to the age of 18**. The form play takes changes and adapts throughout the course of childhood, and is individual to the child or young person. **As children grow older, their needs and wants evolve.**"

*Play Strategy Action Plan, Scottish Government*



**Playing Together - A Post-Symposium Report** was launched in November which gave an overview of the symposiums themes and aimed to prompt meaningful debate, dialogue and collaboration between the two sectors.

In this report you can read in depth about the following themes which emerged on the day:

- Understanding of what is common and what is different for Play and Youth Work
- Play spaces and young people in the public realm
- Age (or stage) appropriate play

The strongest areas of commonality between the play and youth work sector was identified as the ethos of both approaches being informal, allowing free choice and being led by the needs, interests, will and experiences of the young person. You can download a copy of this report from our website [www.playscotland.org](http://www.playscotland.org).



## 4 Nations, Belfast

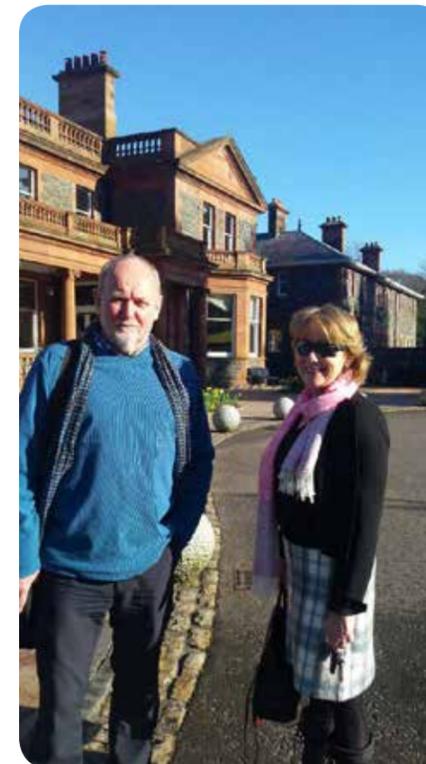
On a very sunny day in March, Play Scotland along with other delegates from Scotland travelled to Belfast to the fifth biennial Four Nations Play Symposium hosted by Office of the First and deputy First Minister with the support of PlayBoard NI at Cultra Manor.

The Symposium is a significant and important event within the play sector's calendar, bringing together delegations from the 4 Nations, including senior officials with responsibility for play.

Junior Ministers Pengelly and McCann hosted the event, which was expertly chaired by Northern Ireland's Children's Commissioner Koulla Yiasouma and included input from Play Scotland CEO Marguerite Hunter Blair on the role of Community Planning Partnerships and our recently launched document The Play Map.

Presentations were also heard from Robin Sutcliffe (Children's Play Policy Forum), Mike Greenaway (Play Wales), Nicola Butler (Play England) and Theresa Casey (IPA President).

Aileen Campbell, Minister for Children and Young People gave an update on Play in Scotland via video link with Scottish Government official Deborah Gallagher in attendance.



*"Two years ago, in Scotland we launched our play strategy and we had a recent event which allowed us to reflect on the distance travelled as a country to promote play. It also gave us an opportunity to consider the challenges that we still have in Scotland to make play and playful opportunities a reality for children in Scotland. So while we've come a long way, we've still got a journey to go but I know that there is a really enthused play movement in Scotland that are wanting to ensure that play as a right is enjoyed by all is felt across the length and breadth of our land. The opportunity I also had at the event was to launch the 'Play this way' book. It's a great resource but more importantly it takes those key messages that we had within the play strategy and makes it come alive for children. Play is their right, it is an absolute critical part of their development, and it's also about them having fun. We need to take those messages to the people who aren't aware of the importance of their work in creating play spaces for our children."*

Following on from the Ministers input, Deborah Gallagher, Play Policy Lead in the Scottish Government, set out the policies and strategies that have helped to shape the landscape for play in Scotland over recent years.



## Delivering on the Attainment Challenge

Play Scotland held another sell out Seminar in November in Edinburgh.

Delegates heard presentations from:

- **Dr David Whitebread** on the Importance of Play and Learning.
- **John J Reilly**, Professor of Physical Activity and Public Health Science Physical Activity for Health, Strathclyde University on the Health and Educational Impact of Active Play.
- **The Children's University of Scotland** on their Passport to Learning.



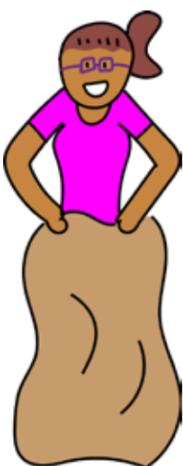
## Scotland's Play Charter Pledge

In November Dr Susan Elsley launched Scotland's first inclusive Play Charter. This describes a collective **commitment to play** for **all babies, children and young people** in Scotland.

It builds on the Scottish Government's National Play Strategy and the Getting it Right for Every Child (GIRFEC) approach to supporting children, young people and their families.

The Charter is for parents, play providers, play champions and everyone with an interest in and/or responsibility for play in Scotland.

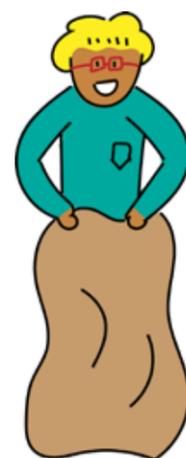
Children and young people have the need and the right to play indoors and outdoors in welcoming and stimulating environments. Through play children have fun; develop and learn; assess and manage risk; use their imaginations and create new experiences that contribute to their health, wellbeing and a happy childhood.



The aim of Scotland's Play Charter is to:

- ✓ Highlight that every child has the right to play in line with Article 31 of the UNCRC\* and raise awareness of the importance of play for all babies, children and young people
- ✓ Ensure a commitment to play is more strongly embedded within policies, strategies, key qualifications and CPD training
- ✓ Ensure that children and young people are supported in their right to play and that play spaces are valued within communities
- ✓ Inspire individuals, play providers and organisations to promote a range of inclusive play opportunities
- ✓ Bring back the sight and sound of children playing in our communities

# A Play Charter for Scotland



This is Scotland's Play Charter. It describes our collective commitment to play for all children and young people.

The Play Charter builds on the Scottish Government's Play Strategy for Scotland and the Getting it Right for Every Child (GIRFEC) approach to supporting children, young people and their families.

The Play Charter is for all those with an interest in and responsibility for play. This includes service providers, professionals, elected members and community representatives as well as children and young people and their families.



## Every child has the right to play

We support children's right to play in line with Article 31 of the United Nations Convention on the Rights of the Child (UNCRC). We recognise that all children have the right to participate in play activities and experiences.

The right to play applies whatever children's age, disability, gender, ethnicity, circumstances or where they live. We take into account the duties of the UK Equality Act 2010 and international commitments such as the UN Convention on the Rights of Persons with Disabilities.



## Our vision for play in Scotland

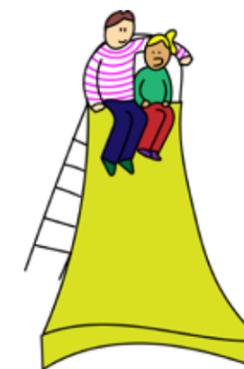
We value play as a life-enhancing daily experience for all our children in their homes, nurseries and early childcare settings, schools, services and communities.



We work in partnership with other organisations and sectors to create positive play opportunities for children in line with the vision of the Play Strategy for Scotland.

## Play from birth to adulthood

We support children to have fun, creative, fulfilling and development-rich play experiences throughout their childhoods. Children and young people have access to play opportunities from the moment they are born until they become adults. This applies to all children including children with disabilities, who have the right to play, learning and friendships like other children.



## Play essential to a happy childhood

We recognise that playing is an essential part of a happy childhood as well as being vital to children's wellbeing as individuals and members of society. We support the provision of children's play across local services and its contribution to the Scottish Government's strategies, GIRFEC and the Curriculum for Excellence.

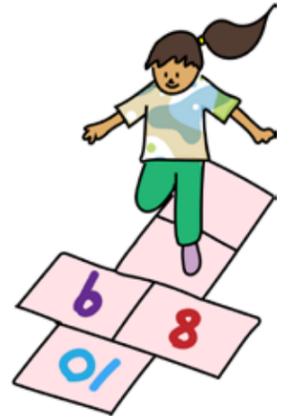
The diversity of children's lives is valued and celebrated and we promote children's contribution as young citizens.



## Play outdoors

We maximise the use of local play environments so that children can play near to where they live, free from traffic dangers and making use of school and community facilities. There are challenging,

welcoming and interesting spaces for children to play outdoors in every community. We recognise the importance of children and young people having daily contact with nature. We make sure that children with disabilities are able to play where other children go and to participate in the same activities. We work with our colleagues in other services to make sure inclusive play happens.



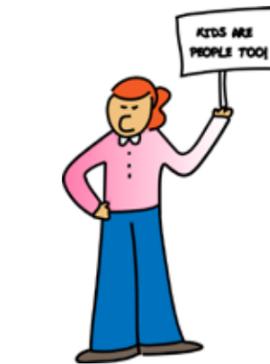
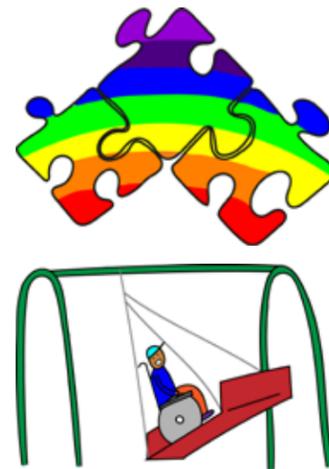
## Play supports wellbeing and resilience

We acknowledge the contribution of high quality play opportunities to improving children's wellbeing and in lessening the impact of factors that lead to poor outcomes. We ensure that play is always supported in communities that face challenges due to poverty, the educational attainment gap and other circumstances. All children have access to a range of play experiences, including indoor and outdoor play and arts and cultural activities.

## Inclusive play means no one is left out

We promote the benefits of inclusion for all children and young people. Play is available to children regardless of age, disability, gender, ethnicity, poverty, low income and other circumstances.

We challenge barriers so that all children are included whatever their need or disability, wherever they live and however they communicate. We are emphatic that discrimination and stigma in children's play experiences are not acceptable.

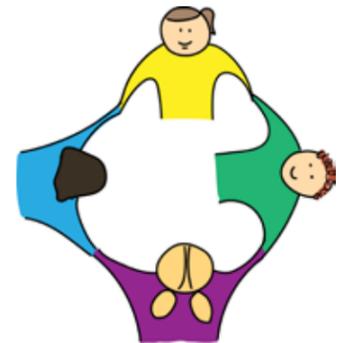


## Supporting children's participation

We recognise children as play experts and seek out their views on play. Children participate in planning, developing and evaluating play services in meaningful and consistent ways. We are proactive in finding the best ways to communicate with all children. We take into account the diversity of children's communication, recognising that children can express their views using some or no speech or using English as an additional language.

## Play Champions

We champion play as professionals, elected members and community representatives and commit to strategies and policies that support play. Local Play Champions are established to ensure that play is always prioritised in planning, strategies and services. The Play Champions take a lead in highlighting the importance of play and seek out opportunities for dialogue with children and young people, their families and communities.



## Children play where they live



Children can play in and around their homes, in a variety of ways, where they feel safe, whether accompanied by adults or not. We ensure that children and young people who stay or live in hospitals, residential schools and care settings have access to high quality play opportunities. Children are able to make choices about the play they participate in and who they play with, just like other children. These experiences are supported by staff trained in play and reflect the play opportunities of all children

## Trained and experienced adults support play

We ensure adults are trained to support high quality play experiences in nurseries and childcare, schools, children's services, adventure playgrounds, play centres, holiday schemes, out of school clubs and play ranger schemes. Training is enhanced by regular professional development opportunities available to those who have a role in supporting play. Everyone who works with children has training on inclusion to ensure that all children, including children with disabilities, can fully participate in play. Adults are aware of and can articulate the benefits as well as the risks of adventurous and challenging play.



## Share and learn more about play

We are enthusiastic about sharing our play practice and learning with others. We seek out and share examples of where inclusion is working. We ensure that there is time and opportunity to explore and learn about play across professional groups, sectors and interests.



### Pledge your support

Should you wish to pledge your support to this Charter please send your name, job title, organisation, web address and your logo to [sharonmclcluskie@playscotland.org](mailto:sharonmclcluskie@playscotland.org). Your details will be shown on our website.

By supporting the Charter you will be recognised as a Play Champion. Organisations and individuals who pledge their support will be awarded the 'Committed to PLAY' stamp which can be used on resources and websites.



## Resources

- Play Strategy for Scotland  
<http://www.gov.scot/Topics/People/Young-People/early-years/parenting-early-learning/play>
- Play Map: A Resource for Community Planning Partnerships  
<http://www.gov.scot/Publications/2015/12/6702>
- The United Nations Convention on the Rights of the Child (UNCRC)  
<http://www.unicef.org/crc/>
- The Play Charter for Scotland was produced by Play Scotland, the national organisation for play in Scotland <http://www.playscotland.org/>



Play Scotland, The Play Den, Level 1, Rosebery House, 9 Haymarket Terrace, Edinburgh EH12 5EZ  
Email: [info@playscotland.org](mailto:info@playscotland.org) [www.playscotland.org](http://www.playscotland.org) Tel: 0131 313 8859 SC029167 CN 017785

This Charter has been informed by Play Charters developed by Play England, Play Wales and Children Now



## Play on Pedals celebrates end of project, having enabled 7,148 pre-school children in Glasgow to ride a bike

Supported by players of



Play on Pedals is a partnership project between Cycling UK, Cycling Scotland, The Glasgow Bike Station and Play Scotland. Its aim was to enable every preschool child in Glasgow to learn to ride a bike. The award-nominated partnership project was awarded £232,000 by the People's Postcode Dream Trust Fund in 2014. Play on Pedals' achievements include reaching 7,148 children, training 364 Instructors in 182 nurseries and funding 35 Hero Organisations to develop the project locally.



Play on pedals street play

Over 260 community events have also been delivered by Play on Pedals across Glasgow since 2014, showing parents and families how fun cycling is and providing a safe and sociable environment for children to learn to ride.



Over 550 balance and pedal bikes are now in use across Glasgow thanks to the project, enabling the continued delivery of training and activities for preschool children.

Polly Jarman, Play on Pedals Development Officer said: 'We are delighted to have reached so many children over the duration of Play on Pedals; we've worked really hard to deliver high quality training and to provide lots of fun opportunities for children to get involved, so we are over the moon to have achieved our dream. It's been a huge but massively rewarding challenge, and we want to thank the groups and individuals across the city who have supported the project and helped us to enable every preschool child in Glasgow to ride a bike.'

Although the funding from the People's Postcode Lottery has now come to a close, Play on Pedals plans to continue. Chris Johnston from Cycling Scotland explained: "The Play on Pedals partner organisations are extremely grateful to the People's

Postcode Lottery for their support over the past two and a half years and we thank this funder for believing in our dream. The success of Play on Pedals will continue with funding from Glasgow City Council as part of the newly formed Glasgow Community Cycle Network, so that the project can continue to deliver events and opportunities. Cycling Scotland has also received funding from Transport Scotland to roll out Play on Pedals training to more nurseries across 21 local authorities, so we're really excited about teaching thousands more pre-school children across Scotland to learn to ride a bike."



Learn to Ride a Bike, Glasgow - Big Bike Revival - Sun 23 October 2016 (photographer Andy Catlin)



Delivered by:



Cycling Scotland



# Information & Communication Services

## Membership

Membership to Play Scotland is FREE!! Join our 700 members by emailing [info@playscotland.org](mailto:info@playscotland.org) for a membership form or download from our website at <http://www.playscotland.org/who-we-are/membership/>

Play Scotland offer the following range of resources through its information service:

Website, research and policy documents, briefing papers, information sheets, CPD events, media articles, newsletters and information emails.

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

For up to date information on play follow us on Twitter: [www.twitter.com/playscotland](http://www.twitter.com/playscotland)

**Facebook:** <http://www.facebook.com/pages/Play-Scotland/223667477759513>

## Bored kids?

Play Scotland have a ParentsZone on our web page which has lots of cheap and free ideas for messy play and creative play.

## Messy Play Booklets

We now have 5 booklets in this series. We launched our new booklet Experimental Play in December.

Explore and enjoy the fun, thrills, science and wonderful world of messy play!

Play is essential to children's development. Messy Play can help stimulate children's senses and imagination as they explore and investigate the different ingredients and experience their own results - children mixing, matching and making leads to children inventing and creating their own recipes for messy play.

*"Children learn as they play.  
More importantly in play children learn how to learn".*

Fred Donaldson



You can also follow on us on **Pinterest** [www.pinterest.com/playscotland/](http://www.pinterest.com/playscotland/) If there is a board you would like to see please let us know. Other Play Scotland publications we have available are:

## Information leaflets

- What is Play?
- Free to Play
- Mucky Pups Leaflet
- Nature Play Leaflet
- Power Of Play Leaflet
- Risky Play Leaflet

## Publications

- Playing Together. A Post Symposium Report. Play Scotland and YouthLink Scotland. 2016
- The Play Map: A Resource for Community Planning Partnerships. 2016
- Scottish Home Play Survey. 2016
- Play in Staff Provision: The Scottish Experience Survey. 2012
- Getting it Right for Play - The Power of Play: an evidence base. 2012
- Getting it Right for Play – A toolkit to assess and improve local play opportunities. 2012
- Getting it Right for Play – Children's play in Scotland: the policy context
- Acorns and Conkers. The Scottish Play Commission. 2008
- Scottish Play Commission: Raising the Bar for Play. 2008
- Scottish Parliament Petition PE1440. 2008
- Local Authority in Play Provision in Scotland. 2006
- School Ground Research Literature Review. 2002
- The Importance of Play: A 'Play Agenda' for the Scottish Parliament. 1998

## The Playday 2016 campaign was Play matters

The Playday **Play matters** campaign was calling on everyone to help make sure that children and young people across the UK have the time, freedom and space to play more. As well as promoting children's right to play, the campaign is highlighted that Play matters for:

- children's mental health and well-being
- creativity and learning
- all ages and abilities
- communities

Every year support for Playday and Play on the Longest Day, which is held in June, continues to grow across Scotland, as children and young people and communities enjoying playing out to celebrate the importance of play.

The sun was shining on this years Playday and we welcomed Mark McDonald MSP, Minister for Childcare and Early Years at a packed event in Aberdeen's Union Gardens.

The 4 Nations were delighted to launch a new Playday website <http://www.playday.org.uk/> and you can also follow Playday on Facebook.

2017 will see the 30th Anniversary of Playday which will be held on 2 August.

For further details contact Sharon McCluskie on Tel: 0131 313 8859



# Scottish Home Play Survey 2016

## Introduction:

- The 2016 Scottish Home Play Survey gathered the experiences of parents/carers of children aged 8-12 living in Scotland
- The survey explored the amount of time children spent playing, the types and variety of play, how parents interacted with their child through play, and the barriers and concerns that surround play for Scotland's children

## Active play findings

Encouragingly, **92%** of parents said that their child took part in some type of active play in the last week, including:

- **84%** General active play
- **57%** Riding a bike or scooter
- **54%** Adventurous play
- **30%** Getting wet or mucky

- However, only **32%** of children who took part in general active play did so for more than three hours across the week
- Online is not preventing children getting out and about! Children who spend more time playing per week digitally did not spend any less time playing actively.



## What stops playing?

### Bad weather

- **50%** of parents felt that poor weather conditions prevent their child from playing outside, where most active play occurs

### What can we do?

- Promote the importance of appropriate clothing to parents, nurseries and schools.
- Provide ideas for active play indoors in wet weather.
- Campaign for culture change and establish play every day, in all weathers, as the norm

### Socio-economic inequalities

- A lack of safe, outside space to play impacted on children from a lower socio-economic household. Parents from lower socio-economic groups were also more likely to be concerned about the dangers of letting their child play outside

### What can we do?

- Continue to campaign to improve play spaces for children, both equipped and natural play sites, and ensure these sites are accessible and inclusive.
- Ensure children and young people are formally involved in local planning and place making initiatives.

### Safety concerns:

- 'Stranger danger' (**52%** of parents)
- Bullying (**45%** of parents)
- Getting hurt (**36%** of parents)
- Becoming involved in anti-social behaviour (**32%** of parents)

### What can we do?

- Promote risk benefit assessment and highlight the importance of risk and challenge in play
- Promote importance of play to parents and carers



# Loose Parts

## What are loose parts?

- Loose parts are materials that when given to a child they can become **anything** they wish from **creating** and **making** a robot to constructing their own play area.
- Loose parts can **used freely** to create, explore textures and develop their imaginations.
- These materials have **no direction**, **no instructions** it is up to the child to develop these.
- Loose parts can also help and enhance **sensory play** experiences

*"Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand."* - **Albert Einstein**

There are a few different ways in which loose parts can be used:

- **Crafting (making)**
- **Construction (building)**



## Who are Play Scotland?

Play Scotland is the national organisation for play in Scotland, working to promote the importance of play for all children and young people. It campaigns to create increased play opportunities in all communities across Scotland.



Boredom Busters is a brand new, fun app for 8-12 year olds, designed to get children actively playing more in a variety of different ways. The app is packed full of inspirational ideas for ways to play in and around the home and allows children to share their play ideas with others

- The app helps parents promote healthy, active play via an intuitive online environment

- The fully moderated online space created by the app is designed to empower parents to encourage their children to use the app with confidence
- Boredom Busters is absolutely free and has no in-app purchases!
- To find out more about the Boredom Busters app visit:



<http://www.playscotland.org/kids-zone/>



<http://www.boredombusters.org/>



Research details  
 • The research was conducted online between 18th March and 9th May  
 • The research was conducted with 618 parents of children aged 8-12 in Scotland via Play Scotland's wider network of partners  
 • A boost sample of C2DE SEG parents was conducted to ensure adequate representation from this group  
 • The data was weighted to be representative of the Scottish population according to SEG

## Nancy Ovens Awards, Winners of 2016

**PLAY AT HOME AWARD** was won by Vibrant Communities, Play and Intervention, East Ayrshire

**PLAY IN THE COMMUNITY (IN AN URBAN SETTING)** was won by PEEK, Glasgow

**PLAY IN THE COMMUNITY (IN A RURAL SETTING)** was won by Drum Castle, Aberdeenshire

**POSITIVE SUPPORT FOR PLAY** was won by Play Team, Aberdeen Paediatric Hospital

**POSITIVE SUPPORT FOR PLAY (PARTICULARLY FOR THOSE WITH DISABILITIES)** was won by The Yard, Edinburgh and East of Scotland

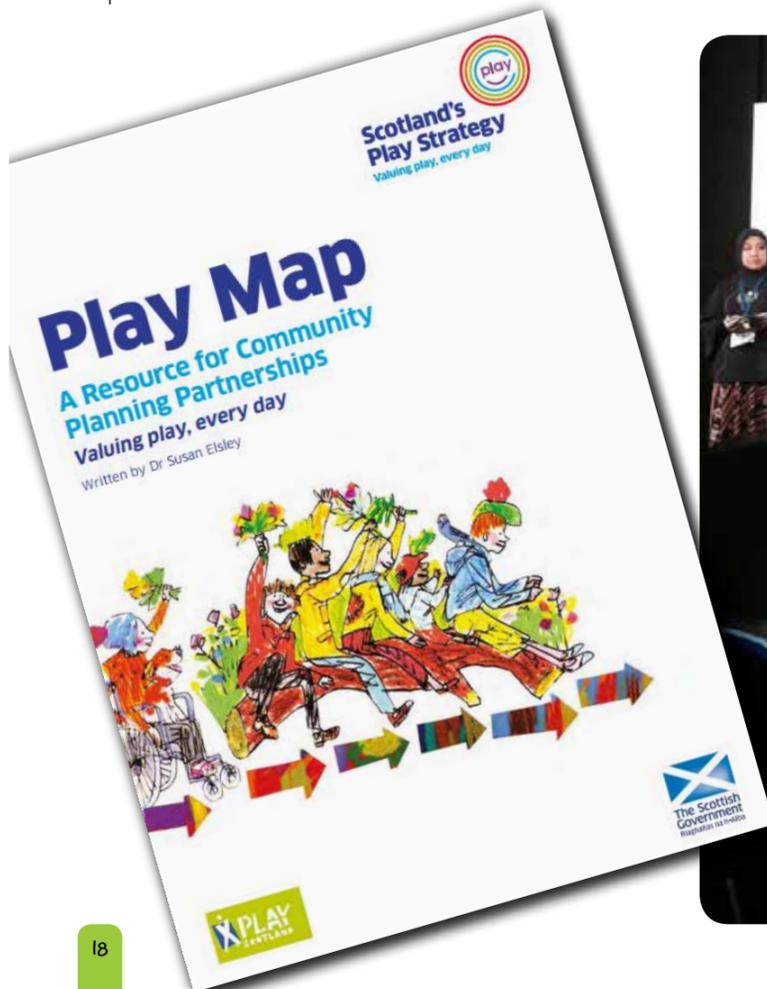
# Ghent, Play Strategy & Place Standard

Marguerite Hunter Blair and Cherie Morgan were delighted to attend and present at the Child in the City Conference in Ghent in November 2016.

Ghent intends to be the most child and youth friendly city in Flanders, and through a range of workshops were able to showcase how they have introduced innovative policies to realise that vision.

'Working towards a child and youth friendly city includes more than sufficient playrooms, more than extra slides and swings... Child-friendliness is also defending the interests of the most vulnerable children and youngsters.' (Vision text and action plan - Ghent: a child and youth-friendly city 2015)

Marguerite and John Howie (NHS Scotland) jointly presented on the Place Standard and the Play Map: A resource for Community Planning Partnerships and were met with a great deal of interest in these tools for communities to assess their local recreation and play spaces and campaign for improvements in their area.



Play Scotland @PlayScotland · 24 Nov 2016  
 "Children are thrill seekers... they want to run faster, climb higher..." Dr David Whitebread #playscot fb.me/10rWsfvUe

## Risk & Play

Play Scotland were delighted to have permission from Telus Spark to produce this poster on risk & play.

This poster highlights reasons to allow children and young people to take and manage risks in their play experiences.

We welcome the Care Inspectorate's statement on risk and play, they have also produced an excellent document highlighting children's entitlement to outdoor play, "My World Outdoors".

"The Care Inspectorate supports care service providers taking a positive approach to risk in order to achieve the best outcomes for children. This means moving away from a traditional deficit model that takes a risk-averse approach, which can unnecessarily restrict children's experiences attending registered services, to a more holistic risk-benefit model. For example, we encourage services to use risk assessment to support children to enjoy potentially hazardous activities such as woodwork using real tools, exploring nature and playing in the mud and rain. We do not expect written risk assessments to be carried out for daily play activities"

### Risk & Play

**When you take risks your brain changes**

Do you remember climbing to the top of a tree?  
 Or swinging as fast as you could until you might fall off?  
 These risks are more than fun – they help brains develop.

Risky play combines fun and stress  
 – turbo charging brain development.

It can be stressful to climb to the top of the tower if you haven't done it before but learning to handle that stress will make you more resilient under future pressures.

Risky play also develops your executive functions, the parts of your brain in charge of decision-making.

Deciding whether or not to jump off something tests the limits of your judgement. The only way to learn to make good decisions is by practising making decisions.

Bumps and scrapes are vivid feedback you need to improve your judgement. Thankfully, you'll get better and your brain will have developed from the experience.




Build your brain.

(Copyright TELUS Spark 2016)



www.playscotland.org



Children's Comm Scot @CYPCS · 23 Mar 2016  
 Play is risky, sometimes dangerous, but full of fun and surprises - Dr Fraser Brown #pwyw16 @YouthLinkScot @PlayScotland

"One thing kids never lack is imagination to invent their own games with the simplest of props ... HSE has always encouraged children to learn through play, whether climbing trees, painting with their hands or throwing stones in a lake, we want children to enjoy life and all the experiences it brings"

*Health & Safety Executive*

Children not given opportunities for adventurous (risky) outdoor play are more likely to be fearful (Sandseter, 2007) #playscot #outdoorplay

# BOREDOM BUSTERS

Play Scotland launched Boredom Busters in November which is a **fun free**, fully moderated app which has been developed by Play Scotland aimed at children aged 8 to 12 years.

It was developed in consultation with children, parents, carers and teachers. As well as being a **fun play tool** for children it is also a great resource for parents and carers to support **indoor and outdoor active play**.

This app is packed full of inspirational ideas for ways to play and for you to contribute your ideas too!

Have you ever...

- **Painted a picture with your feet?**
- **Built a den out of weird materials**
- **Made up a song about your pet?**
- **Caught a raindrop on your tongue?**

You can even make your own films and share them on our YouTube Channel made by children for children but it's a great resource for ideas for grown ups too!

Users can search for new ideas and film and upload their own ways to play to the app gallery and [Boredom Busters YouTube channel](#).



@NHS\_CYPF @NHS\_CYPF · 24 Nov 2016

Check out the new [#boredombusters](#) app from [@PlayScotland](#), a good resource to share and inspire [#play](#) [#playathome](#) [#PlayScot](#)