GET OUT AND PLAY

1. **Build a Den** (if raining you can do this indoors)

2. **Play in the rain** (jumping in puddles is great fun!) or, if sunny have a water fight

3. **Make a mudpie** or if near a beach build sandcastles

4. **Climb a tree**

5. **Make a daisy chain**

6. **Make a grass trumpet** (find a wide, strong piece of grass; this should be about the length of your finger. Hold the grass between your thumbs and blow through the grass like you are blowing out a candle)

7. **Roll down a grassy hill**

8. **Skim a stone**

9. **Explore - hunt for bugs** or if you are near to a beach hunt for crabs

10. **Swing on a rope or tyre swing**

11. **Make and fly a kite**

12. **Play hide ‘n’ seek**

13. **Learn how to do a handstand and a cartwheel**

14. **Make a walkie talkie** (use two large paper cups, pierce a small hole in each base and thread string though each end. To use take one cup each, ensure string is pulled tight and in a straight line ... talk into you cup and the other person can place theirs to their ear and hear you 😊)

15. **Messy Play** – paint using sponges, hands, fingers, and even your feet!; spaghetti play, blow bubbles, chalk on pavement for more ideas see our Messy Play book at www.playscotland.org

We would love to hear of your ideas, email us at Email: info@playscotland.org

Play Scotland, Midlothian Innovation Centre, Pentlandfield, Roslin EH25 9RE  web: www.playscotland.org/playday