

# 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 through each end. To use take one cup each, ensure string is pulled tight and in a straight line ... talk into your 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](http://www.playscotland.org)**

We would love to hear of your ideas, email us at Email: [info@playscotland.org](mailto:info@playscotland.org)

Play Scotland, Midlothian Innovation Centre, Pentlandsfield, Roslin EH25 9RE web: [www.playscotland.org/playday](http://www.playscotland.org/playday)