



Everyday adventures: 9 ways to play

Play is an essential part of every child's life. It helps with their wellbeing, boosts resilience, and helps with their confidence and problem solving skills. There are lots of games you can play with little or no equipment by turning the everyday into an adventure.

1. Lead by example

You are your child's most important educator, and modelling behaviours is one of the most powerful things you can do. Playing outdoors with your little ones shows them it's important to have fun, creates quality time between you, and embeds exercise into your daily routine.

2. Make getting places fun

Ask your child to count how many birds they can see while walking, spot different types of street signs from the car, or count how many stops there are before you get off the bus.

3. Play outside rain or shine

Play out whatever the weather - make mud pies, jump in puddles, or dip in the paddling pool.

4. Share your play memories

Tell stories about the games you used to play with friends and then recreate them with your children.

5. Be adventurous

Let young children take on physical challenges like marching up a steep hill or playing on a climbing frame

6. Turn chores into games

Find mini-games or challenges in everyday tasks – who can find the bread in the shop? Who can pick the most weeds in the garden (and maybe even find some worms)? Or make up a song about tidying up toys.

7. Build a den

Even a cardboard box can become a fortress with a bit of imagination. Or transform your table by covering it with blankets and placing cushions underneath.

8. Water play on a sunny day

Enjoy some experiments outside – what sinks and what floats in a tub of water? How much water can fit in different sized containers?

9. Blow some soapy bubbles

Mix some washing-up liquid with water and see what you can use to make the bubbles as big as possible!

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