



The Play and Youth Support team wanted to let parents know that we are here to support and we understand some of the difficulties you are all facing with these uncertain times. We will be sharing regular bulletins which will contain plenty of ideas, tips and useful links that will support parents and families to encourage playfulness in the home.

### The role of children's play during this pandemic

As parents we try to protect our children from the fears and tragedy around us, yet we have to explain why it is important to stay in. Children will often use their play to test out feelings and explore issues around them, children in war zones will often act out war games, this may make adults feel uncomfortable, however it is the child's way of interpreting and controlling (at least in their play) the situation they find themselves in. So if your children are including the virus in their play it is a very normal thing for them to do.

Play also makes children feel good and actually can make adults feel less stressed too, so if you can play together it may help you all feel better.

It is vital that all children are able to play during this time and we must ensure that we balance school work with plenty opportunities for play.

## Play object of the week

How can I play with a...

### Stick

- A magic wand
- A sword
- A guitar
- A secret key
- A decoration
- A walking stick
- A horse
- A conductor's baton
- A spear/ javelin
- A pen / pencil
- Drumsticks (with pans)
- A tool for digging
- Create patterns on floor

How many more can you think?



### Playful Timetable

	Indoor	Outdoor
<b>Monday</b>	Build something with stuff from around the house.	Learn to cartwheel / Do a roly-poly
<b>Tuesday</b>	Bowling (plastic bottles for pins)	Hunt for fairies/ trolls
<b>Wednesday</b>	Pillow fight	Dig for treasure
<b>Thursday</b>	Make a blanket fort	Build a tower of stones
<b>Friday</b>	Build a tower of shoes/trainers	Make a mud pie
<b>Saturday</b>	Play hide and seek	Paint with Water
<b>Sunday</b>	Make sensory bottles (oil, glitter & water/ rice shakers)	Make potions from leaves, twigs & natural materials

### Useful links

Play Wales have developed some fantastic info sheets and ideas specifically for families they can be found here:

[www.playfulchildhoods.wales](http://www.playfulchildhoods.wales)

[www.playwales.org.uk](http://www.playwales.org.uk)

Twitter: @playwales

Facebook: playwales

**Young Wrexham Website**

[www.youngwrexham.co.uk](http://www.youngwrexham.co.uk)

**Play and Youth Support Team**

**Contact us**

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