It's Our Right to Play Toolkit!

National Child Day 2014, Alberta

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National Child Day 2014, Alberta

Purpose: This toolkit was created to help people and communities participate in celebrating National Child Day on **November 20th, 2014**. The toolkit provides practical play resources and activity ideas that can be used in a variety of settings and with various children's age groups to celebrate National Child Day.

Target Audience: This toolkit was made for individuals, families, community organizations and schools.

How to use the Toolkit:

1. Find the section of the toolkit that applies to your work and/or home life.
2. Try some of the suggested activities and resources with children within your community/family during the week of National Child Day (November 20th, 2014).
3. Let us know how your family, organization or school celebrated National Child Day by completing the quick and easy online form on the National Child Day website (www.nationalchildday.ca).
4. Continue to PLAY throughout the year!

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What is Play and Why is it Important?

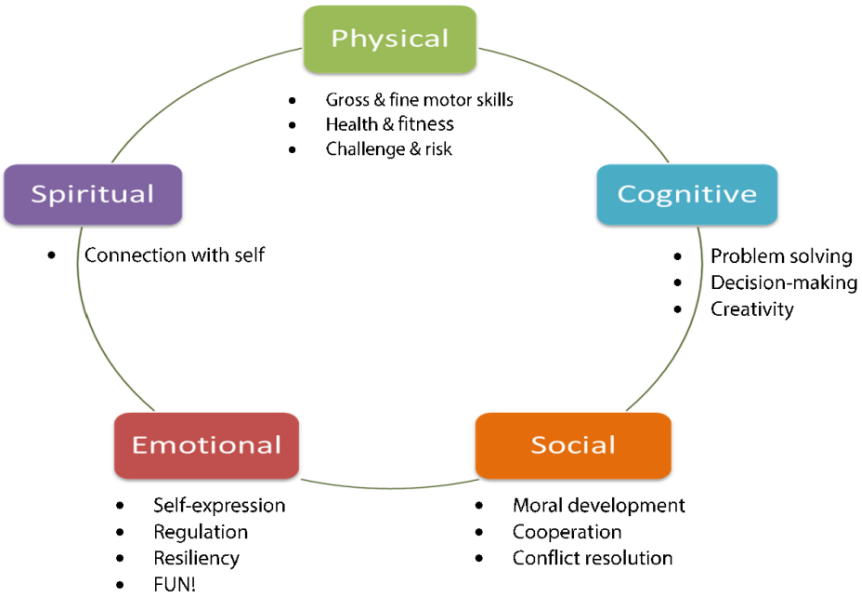
The United Nations Convention on the Rights of the Child is an international agreement that defines universally accepted rights for children. Article 31 of this agreement states that all children have the right to rest, leisure, **play** and recreation and to take part in cultural and artistic activities. – *International Play Association*

What is play?

Play can mean different things to different people and can be defined in many different ways.
A widely accepted definition of free play is:

- Freely chosen
- Personally directed
- Intrinsically motivated
    - Bob Hughes, 2012

How do children benefit from play?



Different types of play:

Symbolic Play
Rough & Tumble Play
Socio-dramatic Play
Creative Play
Social Play
Communication Play
Dramatic Play
Locomotor Play
Deep Play
Exploratory Play
Fantasy Play
Imaginative Play
Mastery Play
Object Play
Role Play
Recapitulative Play
Hughes (2012)

How can you be a champion of play?

- ✓ Provide various environments and materials for children to play in/with.
- ✓ Give children time to freely choose what they want to do.
- ✓ Let the children explore and engage in their own way. Children should be in control of the content and intent of their own play experience!
- ✓ Support their ideas and decisions with tools, skills and questions (avoid telling them the best way).
- ✓ Listen to play cues and support children by animating the play context.

Organization & Community Resources

1. **How to Host a Play Day!** – *International Play Association* (Ages 2-15)
This manual provides step-by-step instructions on how to plan and execute a play day within your community or organization. (*http://www.ipacanada.org/playdayseng.pdf)*

2. **Bring Back Winter Play** – *ParticipACTION* (All ages)

This website provides various communication tools to promote winter play within your community and organization. Tools include: winter play certificates, posters, banners, logos and a calendar of winter play activity ideas! (http://bit.ly/1p001CT)

3. **Everybody Gets to Play** – *Alberta Recreation and Parks Association* (All ages)

Everybody gets to play™
Recreation without barriers

These flashcards identify some of the barriers to play and recreation and possible solutions to overcoming these barriers. This program aims to make play and recreation more accessible for children and youth from families living with lower incomes. For more information please visit http://arpaonline.ca/program/egtp/

School Resources & Activities

Human rights education promotes positive values such as cooperation, inclusion and respect. Teaching children about rights and values through play encourages the development of self-esteem, active participation and reinforces positive behaviors.

1. **Short Videos** (Grades K-12)
   - **This Is Me: Article 31 and a Child's Right to Play** – *International Play Association* (http://bit.ly/1nk99wA)
   - **We Have a Voice** – *Office of the Child and Youth Advocate* (http://bit.ly/1oZYUTF)

2. **Move and Play through Aboriginal Traditional Games** – *Be Fit for Life Network* (Grades 4-6)

These flashcards and lesson plans will provide you with three games that are linked to Alberta's Physical Education curriculum. The games in this resource link traditional culture and values to physical literacy and fundamental movement skills. Use these cards to communicate the history and culture of traditional games and note how the skills and values are still important today.
(http://bit.ly/1tqVcEi)

3. **Play it Fair: Human Rights Education Toolkit for Children** – *Equitas: International Centre for Human Rights Education* (Ages 6-12 years)

The Toolkit helps to promote human rights, non-discrimination and peaceful conflict resolution through fun games and activities! Examples of activities include: Around the World with a Hoola Hoop; Rock- Paper-Conflict!, Human Knot, I have the Right to…, and Squirrels in a Tree. (http://bit.ly/1q1jkKM)

4. **School-wide Play Packs** (Elementary Grades)

Engage your students in imaginative, creative, active, child-directed play! Create 'Play Packs' to bring out at recess which can include various loose parts such as:

- milk crates,
- containers,
- piping material,
- pool noodles,
- wooden objects,
- bike tires,
- pine cones,
- rocks, spools,
- fabric, etc. essentially anything that can be played with by a child.

Bringing out a range of household or recycled items gives students the opportunity to build their own unique structures and encourages the children to negotiate, share and collaborate.

Home & Family Resources

Fun craft supplies ideas you can find around your house!

- newspapers
- pantyhose
- rubber bands
- cardboard boxes (the bigger the better)
- milk cartons
- bottle tops, jar lids
- doweling
- plastic bottles
- colorful wool
- pieces of wood
- plastic ice cream cartons and lids
- rug cuttings
- bamboo pieces
- old wind-up alarm clocks
- colorful rags
- old garden hose
- tubing
- broken laundry baskets
- cardboard toilet paper rolls
- spools
- cupcake tins
- burlap sacks
- marbles
- binder twine

1. **Fun ideas for learning through play at home** – *Learning 4 Kids* (Ages 1-5+)
You will find lots of FUN and SIMPLE IDEAS to do as a family that promote CREATIVE PLAY and LEARNING! You can search by play categories and age! (http://www.learning4kids.net/)

2. **Outdoor seasonal activities to enjoy as a family** – *Active Kids Club* (All ages)
Enjoying nature is a lifestyle and a way of life! This website includes *Simple Outdoor Fun* ideas that are searchable by the four seasons (Winter, Spring, Summer & Fall). (http://www.activekidsclub.com/)

3. **Things for kids and parents to do together!** - *National Wildlife Federation* (All ages)
Family fun activities such as crafts, recipes, outdoor activities, songs, printables and contests. You can search activities by age, season, type, animals & subjects. (http://www.nwf.org/kids.aspx)

4. Let's Play Mobile App! - *ZERO TO THREE* (Ages 0-5)
Let's Play, is a free app which provides parents and grandparents with fun ideas for keeping babies and toddlers entertained and learning, especially during daily routines. Parents can search activities by age, share activities via social media, and tag their favorites. Download the Let's Play! app on iTunes

Self-Directed Children's Activities

1. **Bring Back Play App** – *ParticipACTION* (All ages)
This app provides tips and ideas to get outdoors and start playing today!
You can search games by keywords, ages, play space, number of players or play equipment.
Bring up the following website on your phone: (http://www.bringbackplay.ca/)

2. Free Play

From learning how to share and negotiate with others, to challenging boundaries and developing creativity, through to fitness and simply having fun, children and youth most certainly need active, unstructured play. Here are a few suggestions:

- Pillow Fight!
- Hide and Seek
- Build a Fort
- Learn or Perform a Magic Trick
- Start a Flash Mob or a Disco
- Organize a Talent Show
- Nature Scavenger Hunt

3. Made-up Games

"When children create their own game, they can decide the shape the game will take. It doesn't take a great leap of logic to realize the games children choose and control will be more welcomed than games chosen and controlled by the adult." (Whitaker D.L., (1996). *Games, Games, Games: Creating Hundreds of Group Games & Sports*)

- Start with a familiar game
- Combine two familiar games
- Choose a name for a game
- Decide what materials you will use
- Choose the environment for the game
- Combine any or all of the above!

Funding Resources

Sport Central, is an organization that gathers, recycles and redistributes equipment to those kids who would otherwise be denied the opportunity to participate (http://www.sportcentral.org/)

KidSport, provides support to children in order to remove financial barriers that prevent them from playing organized sport. (http://www.kidsport.ab.ca/)

Canadian Tire Jumpstart, is a nationally registered charity dedicated to removing financial barriers so kids across Canada have the opportunity to get off the side-lines and into the game. (http://jumpstart.canadiantire.ca/en/)

ParticipACTION Teen Challenge, sponsored by Coca-Cola Canada, works to get teens moving across the country by breaking down the barriers that prevent teens from getting active. (http://arpaonline.ca/program/teen-challenge/)

FunTeam Alberta Grant Opportunities, In addition to being a support center for families, communities and group leaders, FunTeam also has some grant programs in place to help support programs that align with our initiatives. (http://www.funteamalberta.com/GrantPrograms.htm)

Recreation Access Programs:

YMCA Opportunity Fund, Through the Opportunity Fund, the YMCA membership and program experience is available to families regardless of their ability to pay the full fees. Financial Assistance is available through the Opportunity Fund. Contact your local YMCA for more information. (http://www.ymca.ca/en/find-your-ymca.aspx)

City of Edmonton - Leisure ACCESS Program, The Leisure Access Program allows eligible low-income Edmontonians to access participating City of Edmonton recreation facilities. (http://bit.ly/1pm1Qt1)

Strathcona County – Everybody Gets to Play, Everybody Gets to Play™ is a program aimed at increasing access to recreation services for residents who have a limited income, with no cost drop-in recreational opportunities as well as registered program opportunities at a reduced fee through our Recreation Access Program. (http://bit.ly/1vrDluS)

City of Calgary – Recreation Fee Assistance, The Fee Assistance Program offers low income Calgarians subsidized access to City of Calgary registered recreation programs and admissions to Aquatics & Fitness centres, Leisure centres, Arts Centres and Golf Courses. (http://bit.ly/1muUSgk)

Grande Prairie - Recreation Access Program, The Low Income Recreation Access Program issues low-income Grande Prairie families and individuals a $100 credit per individual to access any City of Grande Prairie recreation facility and registered programs. (http://bit.ly/1oYOiEo)

Check with your local municipality for more recreation access programs and services

Acknowledgements

THE CITY OF Edmonton

ARCQE
ALBERTA RESOURCE CENTRE FOR QUALITY ENHANCEMENT

Alberta Recreation & Parks Association

ocya
OFFICE OF THE CHILD AND YOUTH ADVOCATE | ALBERTA

Boys & Girls Clubs of Canada
Clubs Garçons et Filles du Canada
WESTERN REGION
RÉGION DE L'OUEST

United Way
Alberta Capital Region

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United. Building a great city for everyone.

THE SOCIETY FOR
Safe and Caring
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Touch our Future
ALBERTA CENTRE FOR CHILD, FAMILY & COMMUNITY RESEARCH

SUCCESS BY 6®
Helping all children succeed for life.

ipa Canada
International Play Association
Promoting the Child's Right to Play

MEDICINE HAT & DISTRICT
Child Care Association
www.mhdcca.com

Medicine Hat
Early Childhood Coalition

John Humphrey Centre
for Peace and Human Rights
pour la paix et les droits de la personne

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