

TIPS FOR ACTIVE PLAY

Some risk is good for kids

Active play may involve the risk of physical injury, but children benefit from opportunities to challenge themselves, test limits, explore boundaries and learn about injury. Children are natural risk-takers and thrill-seekers. They enjoy activities that involve heights, speed, use of tools, elements of nature, rough and tumble play and wandering. Your role is to remove known hazards and teach children to manage their own risks. Make play “as safe as necessary”, not “as safe as possible.”

Provide loose parts for children to play with

Loose parts are moveable materials children can use to design, create, and play with. Loose parts help children use their imagination and bring a sense of adventure and excitement to their play. They might be bought materials, upcycled from the recycling bin or found natural objects.

Examples include:

- wooden planks
- rocks
- bricks
- tires
- large sticks
- hay
- shells
- acorns
- pinecones
- baskets
- fabric scraps
- old sheets or blankets
- pieces of rope and tape

Screen-free activities to try

- ✓ Play a game of hide-and-seek
- ✓ Have a game of tug-of-war
- ✓ Go for a bike ride
- ✓ Build a fort, a store or a boat using loose parts
- ✓ Create and perform a play using a stage set that the children built themselves
- ✓ Design an obstacle course



For more information contact us at schoolservices@york.ca or go to york.ca/physicalactivity

Sources:

Int J Environ Res Public Health. 2012 Sep; 9(9): 3134–3148.
The Canadian Sedentary Behaviour Guidelines

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