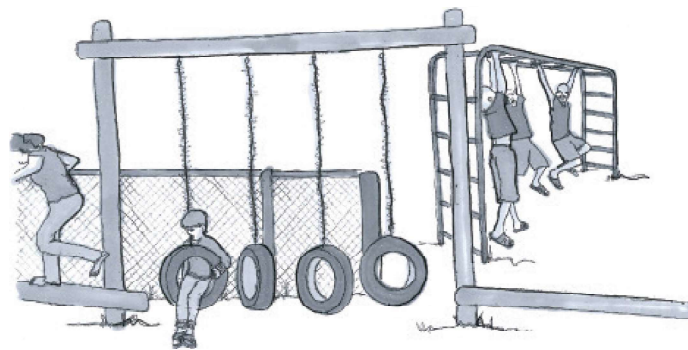


# Be a play advocate

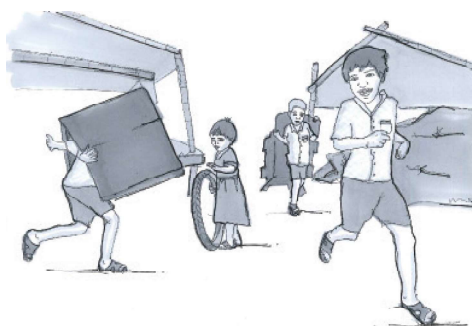
As a caring adult in the lives of children in your community, equipped with the knowledge of the power of play for child development, you can be a powerful advocate for children's right to play. Here are a few ideas of steps you can take to ensure the children in your community have adequate access to the play they need.

## Build a playground



Children are the experts at play. They already know how to play, they just need the time and space to do it! Many schools and communities around the world lack safe, stimulating environments for children to play in. Playground Ideas is a non-profit organization dedicated to ensuring anyone, anywhere can build a play space using only local tools, skills, and low-cost and recycled materials. Over 500 communities around the world have used our resources to build beautiful play spaces. Our website hosts a 5-Step Playground Building Manual that will guide you through the process of building a playground from start to finish. We also have an international safety manual and over 150 easy to build playground designs and step-by-step instructions. All our resources are free to download and we're happy to chat with you over email or phone to answer any questions along the way. Visit us at [www.playgroundideas.org](http://www.playgroundideas.org) to get started and connect with other playground builders around the world.

## Provide materials for play



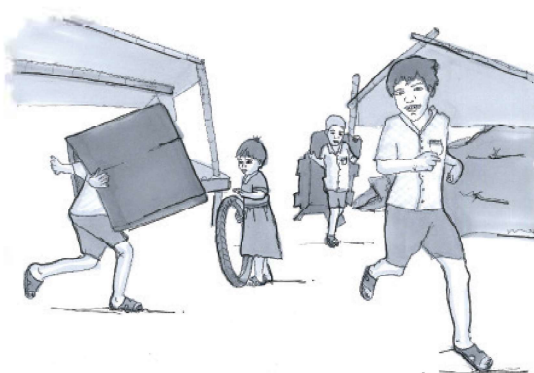
Interested in building a playground, but don't yet have the space or funds to do so? Don't let that stop you! You can create a stimulating play environment now by providing children with simple play materials they can build, move, and experiment with. "Loose parts" play materials are cheap or free ordinary household, homemade, and natural objects like cloth, sticks, leaves, beads, clay, plastic bottles, and wires that children can use for play activities. Even if you already have a playground, adding "loose parts" to the environment will make for a richer, more create play experience. Playground Ideas has an easy "Loose Parts" manual that will introduce you the benefits of "loose parts play" and guide you through creating and maintaining a low cost box of play materials for the children in your care. Download Playground Ideas' free "Loose Parts Manual" at [www.playgroundideas.org/manuals](http://www.playgroundideas.org/manuals) (coming soon.)

## Use play-base playing in your classroom



Are you a teacher? One of the most important things you can do to be a play advocate is to incorporate play based learning into your teaching. As you're creating your lesson plans, think of how you can adapt curriculum and your teaching method to create interactive learning experiences for your students that encourage their drive to play. Review the "Rote Based Learning vs. Play Based Learning" and start applying the play based learning method to your teaching today. See appendix 2 for a "Play Based Learning" reference sheet you can use in your lesson planning to help you brainstorm ways to make your lessons more playful.

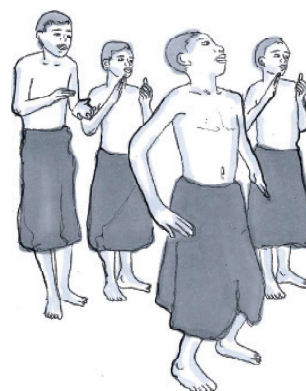
## Educate the parents about the importance of play



Parents and guardians are one of the biggest influencers on a child's access to play. Now that you know about the importance of play for healthy child development, you can share your knowledge with parents. Organize a training for the parents in your school or community to increase their awareness of the importance of play and how they can support their child's play drive. For parents who did not receive a formal education themselves, they often feel inadequate to support their child's learning, as they themselves may not be literate. But regardless of education level, all parents can support children in play.

Equipping parents with training and encouragement to ensure their children have sufficient access to play is a great way to include parents of all backgrounds in supporting their child's learning and development. You can download free copies of this manual as well as a facilitator's training guide at [www.playgroundideas.org/manuals](http://www.playgroundideas.org/manuals).

## Celebrate traditional games

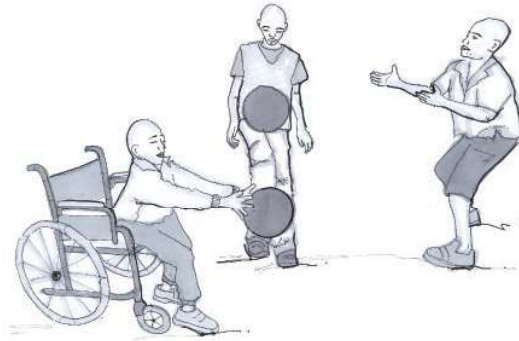


Play is a universal, and each community has unique games, dances, story telling traditions, and expressions of play. What play traditions are unique to your culture? Celebrating how play is expressed within individual cultures and passing on games and play traditions to the next generation preserves the beautiful diversity of play around the world.

## Make play inclusive

All children deserve access to play, regardless of physical or mental ability, gender, or context. As you are designing play activities or environments, be mindful of how to include all children, regardless of the factors that may disadvantage them.

**Disability** – Ensure that children of all abilities have equal access to play. Playground Ideas has an “Inclusive Play” manual on designing play environments to be inclusive to children of all abilities. You can download it for free at [www.playgroundideas.org/manuals](http://www.playgroundideas.org/manuals). (coming soon)



**Gender** – As you are designing play activities or environments, be sure to include all children in the planning process and be considerate of when girls might be marginalized in their access to play. Ask, have children been consulted about what their playground will include? Does the playground include games and activities that both girls and boys enjoy? Does the playground include games and activities that are culturally appropriate for both girls and boys to play?



**Children in Crisis** – children in situations of conflict, disaster, or emergency often do not have adequate access to play. Play can be a powerful tool for children who have experienced trauma to process their experiences and experience joy and safety despite their circumstances. Consider how access to play can be expanded to include settings like refugee camps and hospital wards.





## Advocate for the right to play globally

Join an international movement to promote the child's right to play. The International Play Association is an international, non-governmental organization founded to protect, preserve and promote children's right to play as a fundamental human right, according to the Article 31 of the United Nations Convention on the Rights of the Child. The IPA has members in close to 50 countries. Learn more at [www.ipa.org](http://www.ipa.org).

