



Moments of Playing

During these difficult and strange times that we've all found ourselves in, we must remember that as the lockdown starts to ease, both children and adults will start to play/act out, as they try to make sense of what's just happened.

Coming to terms with this event can take many forms such as role play, heightened emotional responses or making light of the situation, These responses may seem inappropriate however they serve a purpose in helping people to cope, so it's important that when these moments of play occurs we should recognise them for what they are and support them to happen.

My two boys aged 10 & 11, have started running around the house shouting 'corona touch' instead of tag. They have also taken to doing this sneakily whilst we are out enjoying our daily walk. I have noticed some people look uncomfortable and give a look as if to say "I'm not sure you should be doing that". I appreciate that it may look like they are not taking the virus seriously or that they are being silly, however it is their way to take control of the scary situation around them and make it something fun.

Useful links

www.maketimetoplay.co.uk

www.nationaltust.org.uk

Young Wrexham Website

www.youngwrexham.co.uk

Play and Youth Support Team

Contact us

play@wrexham.gov.uk

01978298361

Send your playful pics to play@wrexham.gov.uk and we will share in the coming weeks.

Play object of the week

Bedsheets

Hammock

Hero's cape

Sail / flag

Build a den

Have a tea party

Paint it

Dress as a ghost

Do a puppet show

How many more can you think of?



Playful Challenges - How many can you do in a week?

Silly	Get everyone to pull funny faces at each other
Physical	Family pillow fight
Entertaining	Enjoy a movie outside in the garden
Practical	Can you make an obstacle course
Key Skills	Use a timer to collect everyone's times from the obstacle course

