



Looking Ahead



Its safe to say that nobody knew what to expect when lockdown was implemented back in March. Three months on and although some things are starting to return to the new 'normal'. It may take a while longer before we can start to enjoy our favourite past times once again. For some of us, it is the most time we have ever spent with our children. Combine that with not being able to go to places like the park, the beach, the zoo or soft play- it has presented some challenging times for all.

There have been days when the children have felt sad, or were missing their friends, and there have certainly been days that the grownups have felt much the same. Its important to recognise that this is okay and normal - don't be too hard on yourselves! Making time to play as a family can help relieve stress and tension. Why not make a list of things you want to do and places you want to visit when the restrictions are lifted?

We would love to hear about what you have been doing to pass the time during lockdown.

Useful links

www.playfulchildhoods.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

The Pine cone

- Hedgehog craft
- A Bird feeder
- A 'grenade'
- Pirate treasure
- Alien eggs
- Bowling pins
- Decorations



What else can you think of?

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

Silly	Pull funny faces—have a gurning competition
Physical	Hop on one leg— can you do 50? Who can do the most?
Entertaining	Change one word in a song and sing it. Who can come up with the funniest version?
Practical	Build with mud and stones—use your imagination
Key Skills	Build towers with coins— 2ps are the best

