**Bring Back Play**

Monthly Campaign Announcements:

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| Day 1 | Do you love to PLAY? Did you know that play is an important part of being a healthy kid? This month you will get a chance to try new games that you can play at recess or afterschool. You can also fill out the Bring Back Play bingo card by trying new games with your friends. Are you getting excited? Get ready to BRING BACK PLAY! |
| Day 2 | Since this month is ALL ABOUT PLAY! Here is a game for you to try- its called What Time Is It Mr. Wolf? Here is how you play it- * One player is the Wolf and stands with their back to the other players
* The other players line up on a starting line that is at least 25 giant steps away from the Wolf.
* The game begins when the players call out, “What time is it Mr. Wolf?”
* The Wolf yells back a time for example “10 o’clock!”
* For 10 o’clock the players take 10 steps towards the Wolf, then ask the time again.
* The Wolf responds with another time and the players take that number of steps.
* Continue this until the players get close to the Wolf.
* Whenever the wolf wants, he can say it is, “Dinnertime!” and turn around and chase the players as they run back to the starting line.
* If the Wolf tags a player, they become the Wolf and the game starts again.

Try this game at recess today and BRING BACK PLAY! |
| Day 3 | Are you having fun PLAYING at recess? When we are playing really hard our body uses up a lot of energy! You can boost up your energy by having a healthy recess snack and a drink of water. What is your favourite healthy snack to eat after an active recess? Share with a partner. |
| Day 4 | Do you want to hit the PLAY button after school? Ask an older member in your family to teach you a game they use to play when they were younger. It will be fun to spend some time playing together as a family- and you’ll be getting active too! |
| Day 5 | Have you been PLAYING outside at recesses and after school this week? Don’t forget to fill in your bingo card if you try a new game! Stay tuned next week for another game to try! |

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| Day 6 | Are you ready for ANOTHER game to play outside? It’s called **Beat The Ball,** here is how you play it- * You need a ball and some friends to play this game
* Gather your friends and stand in a circle.
* The first player passes the ball to the player next to him and then runs in the opposite direction around the outside of circle.
* The ball continues to be rolled or passed around the circle as the runner races back to his spot
* The goal of the runner is to try and beat the ball.
* Each player takes a turn running around the circle, trying to beat the ball.

If you’re not sure to play, ask an older student. I bet they would help you learn how to play the game. |
| Day 7 | I know that there are lots of spaces to play in the school grounds, but what about after school? Do you play at a park, in your back yard, at a local rink or community centre? Where do you play after school- share your ideas with your friends or you could write about it in your journal. |
| Day 8 | Did you know that it is recommended that children aged 5-11 get 60 minutes of activity per day? That means getting activity that makes you breathe harder and get a little sweaty! Let’s start out our physical activity for the day by doing 20 jumping jacks together. Stand up and tuck in your chair, are you ready? (Slowly count to 20 out loud). Thanks everyone, don’t forget to PLAY today! |
| Day 9 | Did you know that almost half of kids in Canada are getting three hours or less of active play in a week? That even includes weekends! When you take time to play it improves your health, helps your grow stronger, do better in school and you just feel happier. Take some time to bring back play today! |
| Day 10 | What is your favourite active game to play? This recess, find a few friends and take turns playing together? |
| Day 11 | It’s time to learn another game to play outside! This game is a new way to play an older favourite- it’s called **Crab Soccer**Here is how you play:* Divide into two teams.
* Set up goal posts at either end of the play space.
* Play the game like regular soccer, however players must play in “crab” position with hands and feet on the ground, with stomachs facing up.
* Players must try to score on the opposing goal by kicking the ball while hands remain on the ground, and cannot touch the ball.

Don’t like soccer? Try playing another favourite sport with a new twist, like pool noodle hockey, or beach ball basketball.  |
| Day 12 | When you get home after school, what is the first thing you do? Hopefully you take some time to have fun playing outside and eat a healthy snack! This is a great way to boost the fun in your afternoon. |
| Day 13 | Where are some areas in the community that you can play? Highlight a specific community partner that offers some fun for kids. For example: community league fun days, or playground fun programs run by your city. |
| Day 14 | Playing with someone else can really help boost your own fun! You could try to find someone in a different grade and invite them to play a game at recess. Then you will not only be getting active, you might also make a new friend- that sounds like a win-win to me! |
| Day 15 | Here is a challenge for you- try to stay active by playing for the whole recess! You could choose some tag games or play some of the games we have already learned. If you were able to stay active all recess, make sure you to tell (insert admin / teacher/ or SHF name here). I bet they’ll be proud of your effort! |
| Day 16 | Are you ready for another game you can try this week? How about making an obstacle course? Here is how you play:* Gather some friends
* Take turns making up a course on the school grounds, for example: run around the playground once, touch the soccer pole, hop on one foot to the basketball net and then skip back to the beginning
* Have your friends run through your obstacle course.
* Then switch leaders and they can make a new obstacle course to try.

Older students, you could try making an obstacle course for the younger students, I know they would really have fun! |
| Day 17 | Do you know what it means to be sedentary? That means sitting for long periods of time, taking a bus or car to school, watching television or playing sit down video games. Doing those sedentary activities can be hard on your body and your mind. Here is a fun way to stay active and not be sedentary- PLAY a game today at recess! Your body and your mind will thank you! |
| Day 18 | Yesterday we learned about being sedentary, which means sitting for long periods of time. Let’s get up and active this morning and give our morning an active start by doing – Star jumps. All you do is jump like a star (Jump up and spread your arms and legs like points of a star!)Stand up and tuck in your chair, are you ready? (slowly count to 20 aloud). Thanks everyone, don’t forget to up your activity by PLAYING today! |

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| Day 19 | Often you don’t need to have a specific game to enjoy PLAYING outside. Just take the opportunity to build, explore, or create something. This is a great activity to increase your creativity and let loose with your friends. |
| Day 20 | After playing outside, you might want to try a snack! Why not try cracker nachos, here’s how you can make them-* Get some whole grain crackers
* Sprinkle some chopped veggies on the crackers (like onion or green pepper)
* Sprinkle a small amount of cheese on top.
* Ask an adult to help bake in oven for 15 minutes or place in the microwave for 25 seconds
* Remove from oven and spoon a small amount of salsa on top of each cracker and enjoy.

You can find lots of choose most often and sometimes snacks on HealthyAlberta.com  |
| Day 21 | What are some activities you could play outside? Why not brainstorm a list of ideas as a class, in a journal or on a blank piece of paper. That way when you can’t decide what to play you have a great list to go to! |
| Day 22 | Did you know that less that 1 in 10 Canadian youth are moving enough each day? Make sure that you are active everyday, and don’t forget to PLAY! Not sure what to play today? Check out the Bring Back Play bingo card to see if you’ve tried all the activities. |
| Day 23 | Even though this month dedicated to play is over, it doesn’t mean that you have to stop playing! Remember that taking time to play is good for your body and just plain fun! Take some time EVERY day to play! |

\*\*These announcements refer directly to the bring back play bingo cards.