



LOOSE PARTS PLAY WORKSHOP FOR PARENTS/ CARERS

Aim: to increase parent and carers' understanding of children's play and barriers to play. To discuss adults' roles in increasing play opportunities.

Target group: parents and carers

Number of participants: up to 25

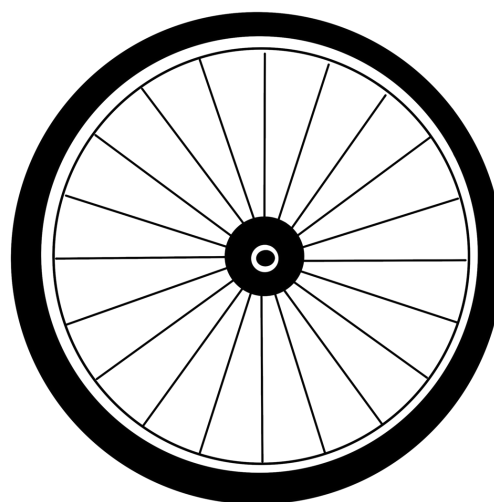
Length: 1 hour (60 minutes).

Workshop plan:

Time	Activity	Tools Needed
00-10 min	Introduction of workshop leader and introduction of participants	
10-40 min	<p>Play memories: Relaxation: 5 min</p> <ul style="list-style-type: none"> • Close your eyes. Go back to your childhood in your memories. What is the first play experience that comes to mind? What did you do? Who and what was around you? What colours, smells, materials can you remember? How did you feel? <p>Individual practical exercise: 5 min</p> <ul style="list-style-type: none"> • Participants draw or make a model of their memories. <p>Small group discussion: 10 min</p> <ul style="list-style-type: none"> • Discuss your play memories. Can you find points in common? <p>Whole group discussion: What are the common points of your play memories? Eg., is it where people usually played or who participated?</p>	Relaxing music, papers, pens, creative art and craft materials.



40-55 min	<p>Whole group discussion (ongoing from the previous):</p> <p>Have opportunities for children's play changed?</p> <p>What are the barriers to freely chosen play for children today?</p> <p>Preparation: hang a washing line (or any strong thread) in the space. Invite participants to attach notes to this.</p> <ol style="list-style-type: none"> 1. Individually: Write down barriers to play on separate pieces of paper or post-it notes. 2. Whole group: one by one, add the notes to the washing line. 3. When all barriers are displayed, discuss how much we, as adults, can decrease them. 4. At the end of the discussion, cut the washing line as an act of breaking down the barriers. 	Paper or post it notes, pens, washing line and pegs.
55-60 min	Check in circle: how is everyone feeling?	



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