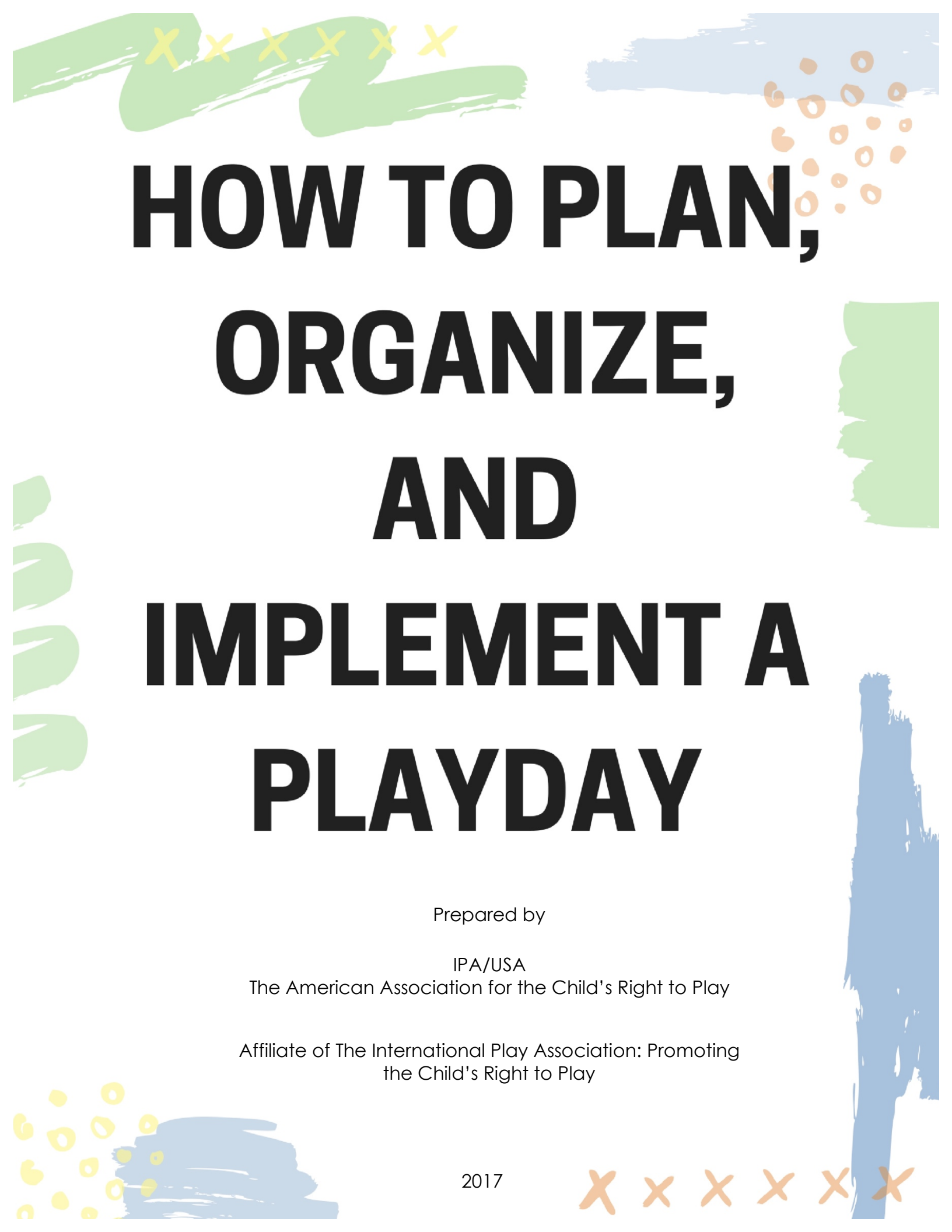


The page is decorated with various colorful brushstrokes and patterns. At the top left, there is a green brushstroke with six yellow 'X' marks. At the top right, there is a light blue brushstroke with a cluster of orange circles. On the right side, there is a vertical green brushstroke. On the left side, there are three horizontal green brushstrokes. At the bottom left, there is a light blue brushstroke with a cluster of yellow circles. At the bottom right, there is a vertical blue brushstroke with six orange 'X' marks.

HOW TO PLAN, ORGANIZE, AND IMPLEMENT A PLAYDAY

Prepared by

IPA/USA

The American Association for the Child's Right to Play

Affiliate of The International Play Association: Promoting
the Child's Right to Play

2017

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What is IPA/USA?

IPA/USA is the national affiliate of the International Play Association (IPA) World: Promoting the Child's Right to Play. The purpose of this organization is to protect, preserve, and promote play as a fundamental right for all humans. Membership is open to any individual, group, or organization which endorses the right of children to play. This is stated in the United Nations' Declaration of the Rights of the Child (1959), and highlighted in Article 7, paragraph 3, which states: "*The child shall have full opportunity for play and recreation which should be directed to the same purposes as education; society and the public authorities shall endeavor to promote the enjoyment of this right...*" and in the UN Convention on the Rights of the Child (1989), Article 31, which asserts:

1. States Parties recognize the right of the child to rest and leisure, to engage in play and recreational activities appropriate to the age of the child and to participate freely in cultural life and the arts.
2. States Parties shall respect and promote the right of the child to participate fully in cultural and artistic life and shall encourage the provision of appropriate and equal opportunities for cultural, artistic, recreational, and leisure activity.

IPA/USA holds a national conference every three years as well as consultations, special seminars, symposia, and workshops on current issues, both national and international. A quarterly newsletter is available online that features articles on play environments, safety, toys and materials, play leadership, and the role of play in child development. IPA World publishes an international journal called *PlayRights* two times a year and hosts a World Conference triennially around the globe.

IF YOU BELIEVE THAT:

- Play, along with the basic needs of nutrition, health, shelter, and education, is vital for the development of the potential of all children,
- Family participation needs to be strengthened by support systems such as play leadership,
- Environments and programs to meet children's needs should be created,
- Advocacy for play and playful learning needs to be a top priority, and

IF YOU ARE CONCERNED THAT:

- Society is indifferent to the importance of play,
- Schools are indifferent to the importance of play,
- Children are increasingly living with inadequate provision for survival and development,
- Recess is disappearing in schools,
- Children are increasingly living with inappropriate housing settings with fewer play spaces,
- Children are neglected in environmental planning,
- Children are increasingly exploited commercially,
- Children are constantly exposed to war, violence, and destruction,
- The use of technology is replacing childhood outdoor play,
- A climate of fear is restricting play experiences,
- Children are increasingly being scheduled into prescriptive days of sports and academics,
- "Winning at all costs" dominates children's sports and play, and
- Play deprivation is a growing factor in negative societal changes,

THEN PLEASE CONSIDER BECOMING A MEMBER OF IPA/USA! Become part of an international, interdisciplinary organization that supports and advocates for the child's right to play. Click [here](#) or visit <http://ipaworld.wildapricot.org/joinusUS> to join.

What is a Playday?



A PlayDay is fun! It is a day designed to provide a range of diverse play activities. PlayDays can encompass anything from large park events for thousands of children and adults to small picnics for little ones. It is an opportunity for children, schools, childcare facilities, individuals, families, and/or communities to share in physical and mental challenges without the pressure of winning or losing. The purpose of a PlayDay is to play for the sake of playing, to challenge each individual, and to share in the joy of discovery and interaction.

Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning. Play is really the work of childhood.

Fred Rogers

Adults and many children have had the simple pleasure of play replaced with team and competitive sports. PlayDays offer a time to go back to when one played just to play. A PlayDay provides opportunities to exercise both the mind and the body. The variety of games and activities encourage individuals to use their imagination to create new ways to play each game. A PlayDay offers games and activities for all ages, from toddlers to grandparents and everything in between. Play is the most important element of the PlayDay. It requires little more than an imagination, and can continue until everyone is too tired to move. Every play event will be successful in its own way.

PlayDays can take on many dimensions, depending on the other events that are scheduled. If the day is dedicated entirely to the PlayDay, a wide variety of activities can be offered for different sized groups. If the PlayDay is part of a larger event, the games and activities will vary with the flow of the crowd and the mixture of people. It is important to remember that children should take the lead during a PlayDay; they may choose to sit and observe, or they may decide to dive in and play. Play is spontaneous and voluntary, and allowing children to lead the way is essential to their experience.

Who is Involved?

PlayDay partners are individuals, agencies, programs, schools, museums, or organizations that collaborate as partners in planning, hosting, and implementing a PlayDay. These may include but are not limited to:

- Children and families
- Schools, teachers, child care providers, caregivers
- PTA's (national or local)
- Public officials, corporations, and businesses
- Media (newspapers, magazines, television, radio)
- Organizations (community, student, local, national)
- Colleges, universities, students, and faculty
- Cities, regions, localities
- Recreation centers
- Designers and design agencies
- City planners
- Agencies (United Way, etc.)
- Early childhood education programs (Head Start, lab schools, etc.)
- Zoos and museums
- Partnerships, consortiums, or collaboratives with surrounding communities

How are they involved?

There are so many ways to become involved in a PlayDay! Everyone has different contributions to make. Here are just a few suggestions to get started:

- Organize games and tournaments
- Service learning and community service opportunities
- Celebrations for children and families (e.g., NAEYC's The Week of the Young Child)
- Play workshops
- Volunteer at a PlayDay
- Advertisement and stories across various media outlets
- Hold conferences about play

General Considerations

1. SITE

- 1.1 The PlayDay can take place indoors, outdoors, or both.
- 1.2 The chosen site will help determine the appropriate games and activities to provide.
- 1.3 If hosting the PlayDay outdoors, include a covered area for protection from the sun or elements in inclement weather.
- 1.4 Consider choosing a site with varying floor surfaces to increase the options for play.
- 1.5 Choose a site that is readily accessible for participants with free parking and areas for groups to gather.

2. AGE GROUPS

- 2.1 Consider the age groups that will be attending your PlayDay. Think about how to make games age-appropriate for all or ways to change the activities to accommodate the age group that is playing.
- 2.2 Keep in mind that varying age groups play differently; infants and toddlers will likely be more interested in solitary play and one-on-one play while youth and older will likely choose to participate in group games and activities.

3. PLAY LEADERS

- 3.1 Play Leaders are one of the most important components of a PlayDay. Anyone can be a Play Leader! They can be teachers, administrators, child care providers, parents, students, or community volunteers.
- 3.2 The Play Leaders' role is to facilitate play without being directly involved in or controlling play. Play leaders promote safety and creativity while allowing the games and activities to be child-led.
- 3.3 Play Leaders can add new games or make accommodations to current games to alleviate lulls in play due to the abilities and attitudes of the players.

4. GAMES

- 4.1 If possible, ask the children what types of games they would like to play.
- 4.2 If it is not possible to determine the site characteristics or age groups, then plan a wide variety of games and activities.

- 4.3 The types of games played are determined by the play site and participants; indoor games may differ from outdoor games, hard-surface games may differ from soft-surface games, games for young children may differ from games for older children, etc.
- 4.4 There is no formula to PlayDay games. The rules can be changed when needed, games can be added or taken away, etc.
- 4.5 PlayDay activities come in all shapes and sizes. Games can be open-ended to promote unstructured free play. They can be set up at stations, set up as sports tournaments, or however else you and the children decide (KaBOOM!, n.d.).
- 4.6 Allow free rotation and movement from game to game.
- 4.7 Some games can be played by all ages, while others may be better suited for different age groups. It is important to never seclude a child or group; accommodate all players by modifying rules or setting up an additional game.
- 4.8 Even though some games and activities might have rules, the rules can be modified or altered for the benefit of the group that is playing.

5. ENVIRONMENTAL CHALLENGES

- 5.1 Be aware of environmental challenges when planning the location for a PlayDay. Consider inclement weather, pollution, contamination issues, and distance from streets and utility poles.

6. EQUIPMENT

- 6.1 The equipment chosen should be as simple and inexpensive as possible. An imaginative mind is the most valuable piece of equipment in a PlayDay.
- 6.2 Here are some activity and equipment suggestions to help you get started. Ideas include but are not limited to:

GAME CATEGORIES	GAME/EQUIPMENT SUGGESTIONS
Arts and crafts	Sidewalk chalk, jewelry making, sand art, face painting, drawing, finger painting
Obstacle course	Use natural objects, such as dirt piles, bales of hay, mud puddles, trees, etc.
Street games	Hopscotch, kick the can, stickball
Chase and flee games	Freeze tag; hide-and-seek; duck goose; mother may I; Simon says; Red light, green light

- 6.3 The equipment should be easily replaceable in the event of breakage or loss. Consider using materials and equipment recycled from other uses such as cardboard and plastic, or hay, dirt, sand, and water from the natural environment.
- 6.4 Review the resources page and check out the other “Playful Days to Celebrate” portion of this booklet for more suggestions and ideas.



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PlayDay Resources

Global School Play Day
How to Host a Play Day
Kid's Games

<http://www.globalschoolplayday.com/>
https://kaboom.org/resources/play_day_toolkit
<http://www.funology.com/games>

Play Resources

Alliance for Childhood
Association of Children's Museums
Dr. Toy
International Play Association
International Play Association (USA)
International Toy Library Association
KaBOOM!
Let's Play America
National Institute for Play
National Recreation & Park Association
National Toy Hall of Fame
Play for Peace
Playworks
The Association for the Study of Play
The Genius of Play
The Strong National Museum of Play
US Play Coalition
Voice of Play

<http://www.allianceforchildhood.org>
<http://www.childrensmuseums.org>
<http://www.drtoy.com>
<http://www.ipaworld.org>
<http://www.ipausa.org>
<http://www.itla-toylibraries.org>
<http://www.kaboom.org>
<http://www.letsplayamerica.org>
<http://www.nifplay.org>
<http://www.nrpa.org>
<http://www.toyhalloffame.org>
<http://www.playforpeace.org>
<http://www.playworks.org>
<http://www.tasplay.org>
<http://www.thegeniusofplay.org>
<http://www.museumofplay.org>
<http://www.usplaycoalition.org>
<http://www.voiceofplay.org>



Playful Days to Celebrate

Global Cardboard Challenge

The Cardboard Challenge is an annual event put on by the Imagination Foundation. Each fall, children all over the world participate in building anything they can imagine using cardboard and recycled materials. This event celebrates creativity and community. Check out <http://cardboardchallenge.com> for more details.

International Mud Day

This is a day in June that is designed to celebrate getting dirty! All you need is dirt, water, and clothes that can get muddy. Children of all ages can and should participate to encourage community, relationships, imagination, and unstructured play. Visit <http://www.kodokids.org/history-international-mud-day> for more information.

Screen-Free Week

Children, families, and communities spend one week in May disconnected from digital entertainment. They will explore, discover, think, and most of all, play! More information can be found at <http://www.screenfree.org>.

National Drawing Day

National Drawing Day is dedicated to artistic creativity and expression. This day usually takes place in the summer months and can occur indoors, outdoors, or both. Drawing is a great open-ended activity for children of all ages and encourages originality, innovation, and imagination. There is no right or wrong way to create. Visit <https://www.daysoftheyear.com/days/drawing-day>.

National Play Outside Day

The first Saturday of every month is National Play Outside Day. With no scheduled activities, children, families, friends, and communities are encouraged to spend quality time outside playing games and having fun. <http://playoutsideday.org> has more information about National Play Outside Day.

WORK PAGE FOR GAMES AND ACTIVITIES

GAME/ACTIVITY

EQUIPMENT NEEDED

NOTES

PLAY DAY QUICK CHECK

IPA/USA: THE AMERICAN AFFILIATE OF THE INTERNATIONAL ASSOCIATION FOR THE CHILD'S RIGHT TO PLAY

SITE: _____ THEME: _____
 DATE: _____ ANTICIPATED REGISTRATION: _____

TASKS	PERSON RESPONSIBLE	TARGET DATE	DATE COMPLETED	NOTES
PLAYDAY CHAIRPERSON: CO-CHAIRPERSON:				
APPOINT COMMITTEES (below):				
Site/Date/Theme				
Activities/Special events				
Play Leaders/Volunteers/Staff				
Refreshments				
Fundraising				
Publicity				
Celebrities/Special Invited Guests				
Equipment/Materials/Props				
Awards/Certificates				
First Aid Station				
Information Booth/Lost and Found				
Parking Facilities				
Liability Insurance (Parental and Adult Release Forms)				
Security (Site/Building/Equipment)				
Evaluations				
Cleanup				

PLAY DAY QUICK CHECK
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SITE:	THEME:
DATE:	ANTICIPATED REGISTRATION:

SITE:	THEME:
DATE:	ANTICIPATED REGISTRATION:

COMMITTEE:	MEMBERS:
CHAIRMAN:	
CO-CHAIRMAN:	

COMMITTEE:	MEMBERS:
CHAIRMAN:	
CO-CHAIRMAN:	

[illegible]