



BuddyPhones 'Five Ways to Play' Chart



Use this chart for productive play summer activity ideas. You can even fill in your own. Have fun!

Physical Play

Be active.

- Outdoor Hide-and-Seek
- Balloon Tag
- Indoor Hopscotch
- Jumping Rope Record Breaker
- _____
- _____

Constructive Play

Build something from scratch.

- Cardboard Fort Making
- Blocks Tower Competition
- Lego Self-Portraits
- Upcycled Musical Instruments
- _____
- _____

Imaginative Play

Let your imagination run wild.

- Make a Fairy Garden
- Stuffed Animal Tea Party
- Family Idol Singing Competition
- Design a Superhero Outfit
- _____
- _____

Dramatic Play

Become a star.

- Karaoke in the Car
- Puppets Playtime
- Storyteller Time
- Guess the Movie Charades
- _____
- _____

Competitive Play

Ready, set, win.

- Dominoes
- Chutes and Ladders
- Mini-golf
- Hot Potato
- _____
- _____

Remember:

- **Block it out.** Allocate large blocks of ample, unstructured time for kids to play. Be flexible if an opportunity for productive play presents itself outside your "schedule."
- **Have regular check-ups.** While they play, ask kids if they feel tired, burned out, or bored. The benefits of productive play are lost when anxiety or stress is introduced.
- **It's a play democracy!** Avoid dictating exactly what activity is on offer and give kids a say in what they want to do. To elicit ideas, you can refer them to the Play Chart, or pick out ideas from a jar at random.