

Get Set!

Be Creative - Make Your Own Stuff!

Bean bag

What's needed

- 2 pieces of fabric about 12 x 12 cm (5 x 5 inches) per small bean bag
- Pins
- Needle and thread
- Rice, dried beans or peas for the filling



What to do

- Pin wrong sides of fabric together.
- Sew pieces of fabric together about 1 cm (1/2 inch) in from the edges, leaving an opening in the middle of the last side that is at least 5 cm (2 inches) wide.
- Trim the tips off all 4 corners.
- Turn the square right side out.
- Pour rice, dried beans or peas into the opening to fill about 3/4 full.
- Pin and then sew the opening closed.
- Decorate.



Hopscotch marker

What's needed

- A small stone
- Non-toxic acrylic paint (optional)
- Pictures cut out from magazines or wrapping paper (small enough to fit on your stone)
- White glue, water and waxed paper
- Paint brush or cotton swab



What to do

- Wash and dry stone.
- Paint the stone and let it dry on the waxed paper (or leave the stone unpainted).
- Apply glue to the back of your picture and place the picture on the stone.
- Using a paint brush or a cotton swab cover the entire stone with a mixture of white glue and water (3 parts glue to 1 part water).
- Let the rock dry. Use a hairdryer to speed up the drying process.
- Apply another coat of the glue-water mixture to the entire rock and place it back on the waxed paper to dry.



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Racquet and ball

What's needed

- A coat hanger
- Nylon panty hose or knee highs
- Tape
- Tin foil or paper



What to do

- Stretch a coat hanger into a diamond shape. Bend the hook into a loop.
- Pull the nylon over the hanger as tightly as possible and wrap the excess nylon around the loop to make a handle.
- Cover the handle with tape.
- Scrunch up piece of tin foil or paper for the ball.



Sidewalk chalk

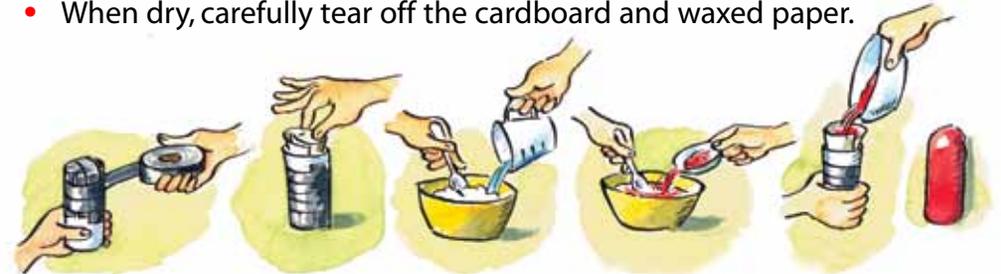
What's needed

- A cardboard tube (toilet paper roll)
- A plastic bowl for mixing ingredients
- Waxed paper
- Duct tape
- 60 mL (3/4 cup) warm water
- 360 mL (1 1/2 cups) Plaster of Paris
- 30 – 45 mL (2 – 3 tablespoons) powdered tempera water-based paint



What to do

- Seal 1 end of cardboard tube with tape. Stand it on a flat surface with the open end up.
- Line inside of tube with waxed paper (to keep the Plaster of Paris from sticking to the cardboard).
- Pour water into bowl and slowly add the Plaster of Paris. Stir.
- Mix in the powdered paint.
- Pour the Plaster of Paris mixture into the tube. Tap the sides of the tube to release air bubbles.
- Let stand for 1 – 2 days to dry.
- When dry, carefully tear off the cardboard and waxed paper.



Be Creative - Make Your Own Stuff!

Yogi Rope

It's easy to make your own Yogi Rope using elastic bands or sewing elastic.

Yogi: Elastic Band Rope

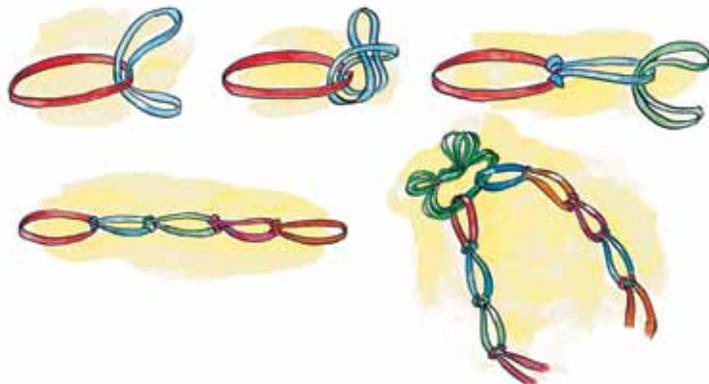
What's needed

- At least 40 elastics. Thicker elastics are stronger and coloured elastics are more unique.



What to do

- Open an elastic band to form a circle.
- Put one end of a 2nd elastic through the open circle. Loop one end of the 2nd elastic through the other end and pull tight.
- Repeat the same step with a 3rd elastic. Continue adding elastics in this way until the rope is at least 145 cm (58 inches) long.
- Use 1 more elastic placed through the 1st and last elastics and tie a knot to join the 2 ends.



Yogi: Sewing Elastic Rope

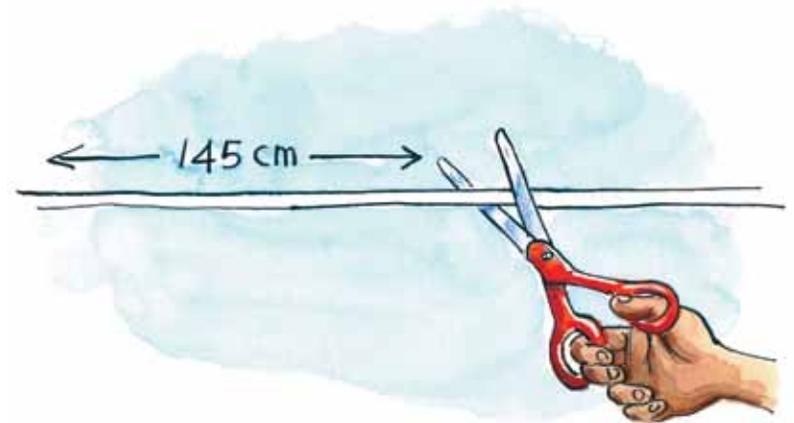
What's needed

- Sewing elastic approximately 1 cm (1/4 inch) wide



What to do

- Measure and cut elastic so it is at least 145 cm (58 inches) long.
- Tie the ends together in a knot.



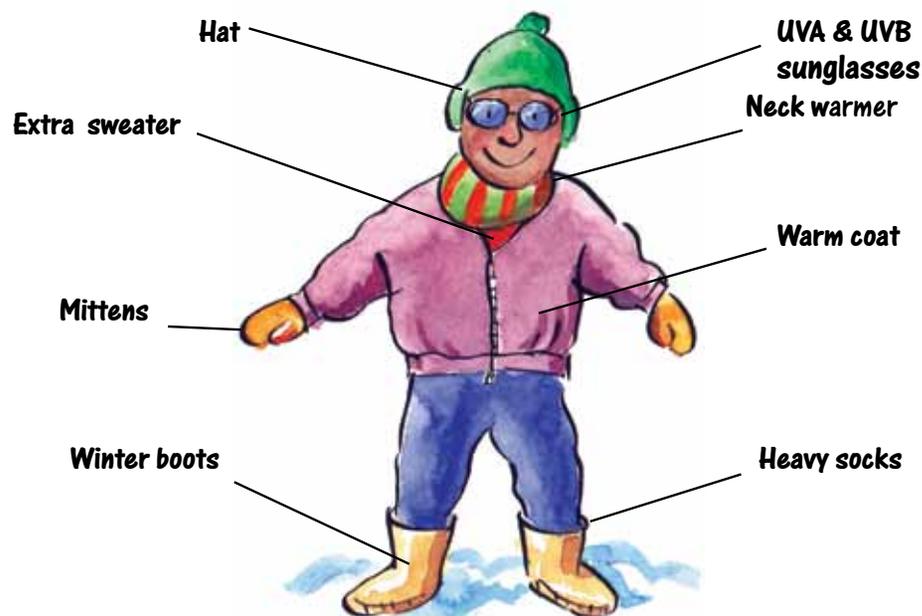
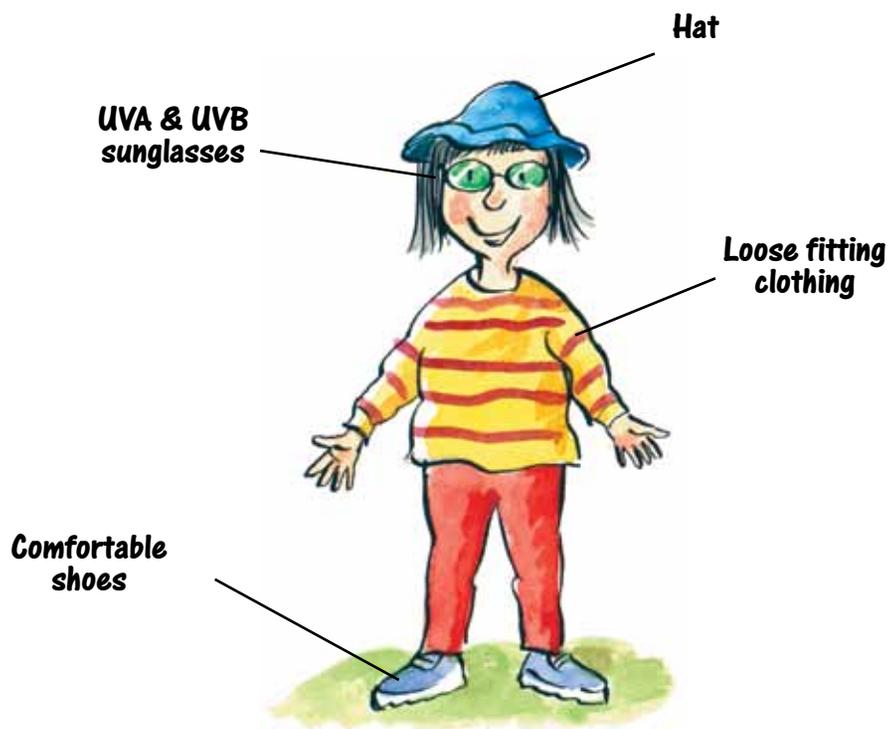
Get Set!

Get Dressed!

SUMMER DAYS

Dressing properly for sunny, cloudy, hazy and foggy days will help prevent sunburns.

- Protect the skin – wear clothing that is light-coloured, loose fitting and tightly woven.
- Wear a hat with a wide brim or backflap to protect the head, face, ears and neck.
- Put on UVA & UVB protective sunglasses.
- Comfortable, soft soled shoes like sneakers are better than sandals.
- See **Sun Safety Smarts**.



WINTER DAYS

Dressing for the cold helps prevent the loss of body heat.

- Wear a hat that also protects the ears (40 - 50% of body heat is lost through the head).
- Add a neck warmer or scarf tucked into a coat.
- While playing the body perspires. Clothing gets wet and the body can become chilled when activity is slowed down. A layer of clothing that can be put on or taken off, as activity levels change, decreases the amount of sweating and minimizes chilling.
- Layer clothing by putting on an extra sweater, sweat-shirt or a T-shirt, long underwear or leggings under regular clothing. Top with a warm coat, snow pants and mittens or gloves.
- On windy days wear a windproof outer layer.
- Wear heavy socks and roomy winter boots with good treads.
- Remember sunglasses and sunscreen on sunny days, especially when there is snow.

Get Set!

Stuff You'll Need!

"In selecting play equipment, remember that the most inspiring, durable and valuable play element of all cannot be bought. It comes in the form of other children - playmates."

(Terry Orlick)

Make it easy, put together a playground bag/box filled with play equipment. Always consider the abilities of the players, everyone's safety and the amount of support and/or supervision the players may need.

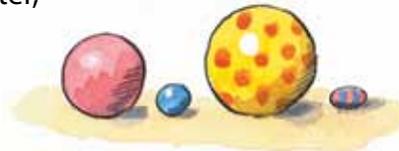
Ropes

- Use a rope that is the right length for the player. The ends of the rope should reach the player's armpits when they are standing on the center of the rope.
- Skipping ropes vary in length: single 213 cm (7 feet), double 487 cm (16 feet).
- Yogi ropes – form a loop. The most useful length is 244 cm (8 feet). The shortest rope to use is 145 cm (58 inches).



Balls

- Before selecting balls consider how they will be used in the game and the abilities of the players.
- Consider size, shape, degree of softness, bounce-ability.
- Playground utility balls – vary in size from 18 – 22 cm (7 – 8 1/2 inches) and may be already inflated or need inflating.
- Wall bouncing balls – 6.5 cm (2 1/2 inches) diameter, high bounce quality.
- Other possibilities – beach balls, foam footballs, hacky sack (foot bags), koosh balls – about 9 cm (3 1/2 inches) diameter, soccer balls, tennis balls.



Boundary markers

- Pylons, bean bags or whatever you like as long as there is no danger of injury if a player falls on them.



Other stuff

- Hula hoops, bean bags, sidewalk chalk, hopscotch markers, tape/rope for marking boundaries, tag flags.



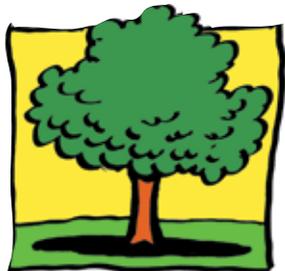
Equipment

- Use whatever you already have. Contact parents for resources/ideas. Try some creative fund raising.

Sun Safety Smarts!

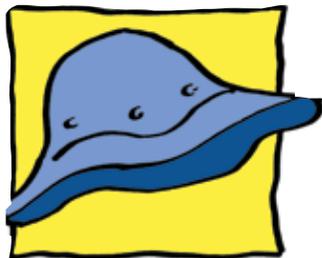
Encourage children to be sun safe when outside

- Reduce time spent in the sun between 11 a.m. to 4 p.m.
- Plan outdoor activities so children are not in direct sunlight (when it is strongest).
- Keep babies under 1 year of age out of direct sunlight.



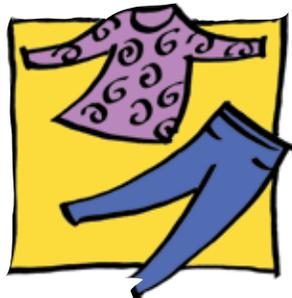
Look for shade

- Look for or create shaded areas (under a tree, canopy or in the shade of a building).



Cover up

- Wear a hat made of tightly woven material with back flap or a brim 7.5 cm (4 inches) wide to help shade eyes, ears and neck areas.
- Long-sleeved shirts and long pants (or knee-length shorts) are recommended.
- Cover up even on cloudy days.



Tips for getting the most from sunscreen

- Choose sunscreen with SPF 15 or higher that protects from both UVA & UVB.
- If children are going to be outside for longer than 2 hours, choose a SPF of 20 – 30.
- Read and follow the manufacturer's recommendations. Check for the expiry date. Do not use after this date.
- Apply sunscreen 30 minutes before going out.
- Apply sunscreen generously to clean dry skin. Don't forget ears, nose, back of neck and backs of legs.
- Reapply every 2 – 3 hours, after perspiring and swimming.
- Test for allergic reaction when first using a sunscreen. Apply a small amount on inner forearm for 2 – 3 days. Check for adverse reaction.
- Sunscreens are not recommended for infants under 6 months of age.



Wear sunglasses

- Sunglasses worn by children should be unbreakable and 100% UVA & UVB protective.



Play Safely!

1. Inspect the play area before starting any activity

- Walk over the entire play area checking carefully for things that may cause injury during play. Teach the children to help.
- Removal of hazardous objects (e.g., broken glass, hanging ropes, sharp objects, discarded needles, condoms, animal excrement, holes in the ground) is the responsibility of the adult.



2. Set boundaries

- Review boundaries for safe playing areas and make sure players stay within the space.
- Set boundaries away from roads and free from cross traffic, both pedestrian and vehicular.



3. Proper equipment

- Use equipment that suits the game and ability of all players.
- See **Stuff You'll Need!**
- Play on a flat surface for skipping games.
- Keep all equipment in a good state of repair and with no sharp edges.
- Set rules for using ropes to help minimize the risk of injuries or problems. Help players understand the dangers of tying ropes to fences, equipment or other players. Supervise rope use.
- Avoid playing with balloons; they are not environmentally friendly and some children have allergies to latex.
- Set rules for using equipment safely; involve the players.
- Set guidelines for throwing/kicking balls (safe hit spots/zones – no hitting above the waist).



4. Clothing

- Wear clothing appropriate for the weather. See **Get Dressed!**
- Games may need to be modified if children wear glasses or use assistive devices.



5. Body

- Always do warm-up exercises. Start with gentle muscle stretches. Then have children walk slowly at first, then faster so their heart rate increases.
- Help players stay well hydrated by having them drink a few gulps of water (every hour) before, during and after all activity.



6. Adequate knowledge

- Before playing a game review the rules. Decide as a group, all changes that will make the game fair for all players. This will help avoid potential conflict. See **Ability Adaptation Guidelines**.
- Select activities that suit the ability level and skill sets of all the children playing. Modify games to provide a successful experience and a bit of a challenge. See **Games and Skills Chart** and **Ability Adaptation Guidelines**.



7. Supervision

- Provide adequate, active adult supervision for all players according to their individual needs and the overall number of the children playing.



Play Safely!

8. Medical

- Have accurate, up-to-date medical/allergy information (asthma, bee stings or food) for each child and current emergency contact information.
- Make sure supervising staff are trained in First Aid and have immediate access to a complete First Aid Kit and emergency help.
- Staff must be prepared to act appropriately when an injury occurs (e.g., cuts, bruises, strains, sprains, broken limbs, concussions).
- Do not let a child play through an injury.



9. Social

- Consider the effect of excitement on children for potential conflict and possible bullying or excessive aggressive behaviour.
- Be aware of children who are impulsive and intimidating and also those who withdraw to the sidelines.
- Encourage fair play and integration of all children, including those with ability challenges; provide support as needed.
- Teach rules of safe play: wait for your turn, no name calling or putdowns, no breaking equipment or hurting others.



10. Sun safety

- Be sun smart. Protect skin from the sun as much as possible with hats, sunscreen, clothing, sunglasses and by playing in shaded areas.
- See **Sun Safety Smarts!**
- Staff – Be a sun safety role model.



11. Outdoor safety

- Protect everyone's health during heat & smog alerts. Reschedule activities, drink lots of fluids, wear loose fitting clothes, have rest breaks, play in the shade or move indoors.
- For information about exercising during heat & smog alerts see **Get More Info and Add Games!** or www.toronto.ca/health



12. Mosquitoes

- Don't play near mosquito breeding areas. Wear light-coloured, long-sleeved shirt, pants, shoes, socks and use insect repellent.
- If insect repellent is needed, always put sunscreen on first. Wait for 30 minutes and then apply the insect repellent.
- Do not use insect repellent on children under 2 years old.
- For information about West Nile Virus see **Get More Info and Add Games!** or www.toronto.ca/health



13. Lightning

- Don't play outdoors if a thunderstorm is anticipated.
- If caught outdoors, in a field away from indoor shelter, immediately kneel on the ground with feet together. Place hands on knees and bend forward. This is better than lying flat.

