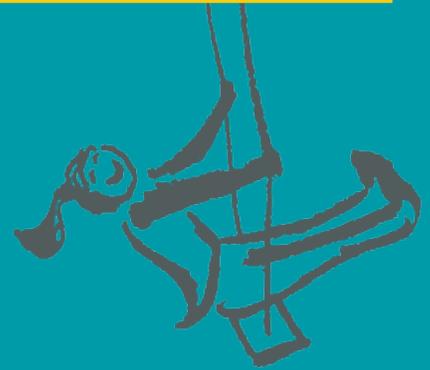


Play ROCs Play Day Toolkit



Healthi Kids
2019

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- ◆ Who you need to know

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www.healthikids.org



Join the Play ROCs Movement



Play ROCs in your Neighborhood!

Welcome!

Thank you for joining the Play ROCs movement!

This is your step-by-step guide to organizing a play day in your neighborhood! Play is important for kids and adults, but that's especially true for our kids. Play supports their physical social and emotional development. Kids that play every day of the year do better in school, are stronger, and are more likely to grow up and become active healthy adults. Not only that, it's fun! It gives kids an opportunity to just be kids.

Your play day will give kids and families the opportunity to play, get moving, and have fun together! You'll be part of a movement to show how neighborhoods and residents can work together to make sure kids and families have access to play.

This toolkit will help you get ready for your play day by giving you some resources to get started.

What is Play ROCs?

Play ROCs is a campaign of the Healthi Kids Coalition that is advocating for safe and accessible play in both schools and neighborhoods to make sure every child in Rochester has the opportunity and access to at least 60 minutes of play every day. To learn more about how we're bringing back play in Rochester visit:

www.playrocs.org.

Who is Healthi Kids?

Every child needs a village – a connected community of caring adults to support them, and safe and nurturing environments that will allow them to thrive.

Healthi Kids is a grassroots community coalition and an initiative of Common Ground Health. Since 2008, we have been advocating for healthier kids in the City of Rochester and across the Finger Lakes region (Monroe, Wayne, Livingston, Ontario, Yates, Steuben, Schuyler, Seneca and Chemung counties). We believe in the power of youth and resident voice to co-create solutions, influence decision makers and transform systems that support healthy development for all kids.

Our agenda embraces kids and families at the center of all decision making. We advocate policies, systems and environmental changes that nurture the physical, social, emotional and cognitive development of kids from birth to age 8. We do this by focusing on policies that promote healthy habit building and healthy relationships, create safe and secure environments and psychological safety, and cultivate skills and competencies of adults who care for children.

For more information about Healthi Kids visit www.healthikids.org or Follow us on Facebook, Twitter, and Instagram!

Still have questions? See our contact list below for more information!

Contact Information



Play Day Contact List

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City of Rochester Special Events

[\(585\) 428-6690](tel:(585)428-6690)

specialevents@cityofrochester.gov

<http://www.cityofrochester.gov/specialevents/>

Department of Recreation and Youth Services

400 Dewey Avenue

Rochester, NY 14613

(585) 428-6755

<http://www.cityofrochester.gov/DRYS/>

Local Mascots

Spikes and Misty from the Redwings: jbritt@redwingsbaseball.com

Rocky University of Rochester: bmagee@UR.Rochester.edu

Finley from the Razorsharks: customerservice@razorsharks.com

Moose from the Amerks: rob.crean@sabres.com or 585-454-5335

Nothing says “We’re here to help,” like 311. These three digits on your telephone keypad provide citizens immediate access to City government and all of its services. This number works inside city limits. To reach the 311 Call Center outside city limits call (585) 428-5990.

Sample Play Kit Supply List

Below are some of Healthi Kids' favorite supplies for play days!

- Bean Bags
- Hula Hoops
- Plastic Cones
- Sidewalk Chalk
- Pool Noodles
- Kickballs
- Water Balloons
- Parachute
- Double Dutch Ropes
- Duct Tape
- Giant Games (tic tac toe, checkers, kickball)
- Nerf Footballs
- Colorful Plastic Storage Tubs w/ Handles
- Bubbles
- First Aid Kit
- Industrial Tote w/ Wheels

Additional Purchasing Ideas

Arts & Crafts

- Yarn
- Beads
- Popsicle Sticks
- Wooden Dowels
- Face Paint
- Spray Chalk

Game Supplies

- Hopscotch Play Carpets
- Bean Bag Toss
- Beach Balls
- Cardboard Building Blocks
- Tee Ball Tee
- Giant Checkers
- Obstacle Course supplies (tunnel, stepping buckets, etc.)
- Basketballs
- Tiles (for giant matching game)
- Nerf Balls
- Soccer Balls
- Balloon Pump
- Foam Baseballs
- Potato Sacks

Water Game Supplies

- Kiddie Pool
- Sprinkler

General Supplies

- Plates/Cups/Napkins
- Water Pitchers
- Tent

Storage

- Storage Bins w/ Locks
- Bungee Cords

Entertainment

- Stipend for entertainment (face painting, Zumba instructor, etc.)

Play ROCs Game Ideas



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Painted Castle

Number of Participants: Unlimited!

Materials: Cardboard boxes, scissors, Duct tape, paint, paint brushes

Steps:

This activity works best with different sizes and shapes of cardboard boxes. To start, have a few adults help by cutting openings in a variety of spots on the boxes. Let the children pick what type of structure they would like to make. If the kids decide they would like to create a castle, assist by making a door, windows and a drawbridge! Gather all of the boxes and designate an area where the children can paint. Spend the first half of the Play Day painting and decorating the boxes. After the boxes are dry, setup the giant castle and let the imaginative, free play begin!

To add extra fun to this game, add loose parts and found objects (empty cereal boxes, bed sheets, a paper towel roll, etc.). What castle would be complete without a crown and some fancy clothes?



Use Your Noodle

Number of Participants: Unlimited!

Materials: pool noodles, chopsticks or 1/4" wooden dowels, Duct tape

Target Station

Join rings into a colorful target for noodle javelins, flying disks, soccer balls and more. Duct-tape six rings to one another, then tape them to thicker (3 1/2-inchwide) hollow pool noodle posts. Stakes keep the target upright.

Assign different point values to the rings for an extra challenge.

You can also lay the station on the ground to play hopscotch or beanbag toss or to use it as part of an agility course.



Hoops Course

Set up a series of wickets for relay races, target practice, soccer croquet and more.

Use a hammer to pound two chopsticks or 1/4-inch dowels (cut to 10 to 12 inches long) halfway into the ground about 30 to 40 inches apart, depending on how tall you want your wickets. Slide a hollow pool noodle in place.



Basketball Bowling

Before You Start:

- Review boundaries and rules, ask for questions.
- Have everyone line up in a single file behind the free throw line, facing the basket.
- Practice shooting the basketball from the free throw line.

Set Up:

A basketball court-sized space, using one-half of the court as the boundaries.

How to Play:

- The first person in line shoots from the free throw line, once the shot goes up all players in line must disperse trying to get away from the ball.
- On a made shot the player who made the shot must retrieve the basketball.
- Once s/he retrieves the basketball, they must yell *freeze*, at which point all the players must stand still.
- The player with the ball then rolls the ball toward a player trying to hit them with the ball.
- If the ball touches a player, that player is out of the game until the next round.
- On a missed shot, the next player in line must retrieve the ball before it bounces three times.
- Once s/he retrieves the ball they must also yell *freeze*, and attempt to hit someone by rolling the ball.
- If they are unsuccessful they are out of the game until the next round.
- The player who missed the shot must also run away trying to avoid the player with the ball.

Variations:

- Players can receive a letter instead of immediately being out of the game.
- For instance they can use the word "B-O-W-L", and can get hit four times, to make the game more inclusive.



Grocery Store

Before You Start:

- Demonstrate safe tagging:
 - Light touch, like butterfly wings, on the back of shoulder.
 - Unsafe tags: hard contact might cause the person being tagged to fall
- Remind the players to be aware of others running around them.
- Assign each set of cones (can also use hula hoops or chalk outlines) a fruit or vegetable that corresponds to their color (e.g., purple cones = grapes, yellow cones = lemons, etc.)
- Make sure everyone can repeat each color of the cones and corresponding fruit.

Set Up:

Set up 3-6 sets of cones (or hula hoops or chalk outlines) around in a given area. Each set of 4 cones should make a square. (The bigger the area used the more fun.)

How to Play:

- The leader starts as the Shopper. The Shopper will yell out, "I am going to the store to buy some... grapes!"
- Everyone must then run over to the box of purple cones without being tagged by the shopper.
- If they do get tagged that player becomes a shopper and a tagger as well.

Variations:

Instead of starting everyone in one box and yelling out different fruits, start them out as workers in the grocery store and the leader as the manager. If you say I need the floors swept, all the players must walk around the play area pretended to sweep the floors until the leader yells, the shopper needs grapes! And then they need to make it to the grape box without being tagged.



Pacman Tag

Before You Start:

- Demonstrate safe tagging:
 - Light touch, like a butterfly wings, on back or shoulder
 - Unsafe tags: hard contact that might cause the person being tagged to fall
- Review the lines on the ground
- Explain the signal when the game will start and end
- Designate a start place for tagger(s)

Set Up:

Designate a safe playing area large enough to run in with connected lines on the ground (use gym if available). You can make your own lines with tape or chalk if needed.

How to Play:

- Select one or two player(s) depending on the group and area size to be the tagger or “Pac person/people”
- The object is to avoid being tagged by a Pac person by walking/running ONLY along the lines on the ground.
- A Pac person can also only move along the lines on the ground
- A runner may not jump from line to line (i.e., on a basketball court, players may not jump from top of the key to the free throw line, etc.)
- If someone is tagged, they sit down on the line where they were tagged and become a barrier. No runners may pass a sitting person, but a Pac person can pass.
- The game continues until there is only one or two players left or until all others have been tagged.

Variations:

- Modify how they can move along the lines, such as tip toeing.
- Allow players sitting to be additional sitting taggers and switch places with a running player if they tag them while sitting.
- Have tagged people become taggers and play until everyone is a Pac person.
- Add additional Pac people to make the game more difficult.



Zero 1, 2, 3

Before You Start:

- Review the concept of personal safe space when turning a jump rope.
- Explain the concept of taking turns in a jumping order and in the different roles.
- Demonstrate the skills needed and use players to help you.
- Ask players to explain the concepts and the game back to you.

How to Play:

- Divide everyone into groups of four to 10, depending on the number of available ropes and skill level.
- Younger players may need smaller groups, older jumpers are challenged by larger groups.
- Each group gets one rope.
- The leader assigns two turners in each group and the rest form a line.
- The two turners begin by turning the rope.
- One-by-one the players enter and exit the rope.
- In the first round, the jumpers try to run under the rope without jumping or touching the rope.
- After each jumper's attempt or completion, s/he returns to the back of the line.
- Once the jumpers have complete running through, s/he enters, jumps once and exits on their turn on the jumper's second turn.
- After the jumpers have jumped once and exited, they go through and jump twice, then three times, etc. on each turn.
- If a jumper misses on their turn, s/he goes back in line and continues to try the same number of jumps, until s/he successfully jumps and exits.
- Be sure to rotate those who are turning the rope.



Variations:

- For more skillful and advanced jumpers, change from just jumping and exiting to doing tricks while jumping.
- Examples of tricks are turning around while jumping, touching the ground while jumping, crisscrossing the feet or jumping on 1 foot.
- Also called School. Those who run through the rope have figurative *completed kindergarten*, jumped once have *completed first grade*, etc.

Six Kids' Games to Play with Bean Bags

- **Bean bag toss.** Place a target onto the ground with chalk or tape. Take turns tossing bean bags as close to that target as possible. As players get better, have them take a step back and try again.
- **Unfreeze a friend.** Every player places a bean bag onto their head then must move around the play space keeping the bag balanced. If the bag falls, the player must let it drop to the ground and freeze. Other players may help frozen players by picking the bean bag up off the ground and handing them to the frozen player to put back on their head and move again.
- **Juggling.** Learning how to juggle takes practice, but for motivated kids and it be a fun process. With one bean bag, begin develop the skill to throw and catch with one hand. Once this is mastered, add a second bean bag and practice passing two bags to opposite hands at once. Finally, add the third bean bag. The challenge is the timing. Each bag must be thrown after another and before the next one is catch.
- **Hot Potato.** While everyone is sitting in a circle, pass a bean bag around and play a short song. When the song ends, the player with the bean bag sits in the middle of the circle. Keep playing until there is no more room for people in the center.
- **Tic Tac Toe.** Using chalk or tape, create a large tic tac toe field on the ground. Take turns with two different colored bean bags (you will need five of each). Place them into each square, trying to get three in a row. For an added challenge, create a tossing line a few steps back from the tic tac toe field and require players to toss their bean bags in each square.
- **Indoor Shuffleboard.** Using chalk or tape, draw four lines on the floor. Take turns sliding bean bags as far beyond the first three lines -- without sliding the bags beyond the fourth line. After sliding three bags each, tally points. One point per bag past the first line, two past the second line and three past the third line.



Balloon Ping Pong

To Create Your Paddle: It is fun if each person gets to make have their own paddle. Take your paper plates and using tape or glue, adhere one of your craft sticks (or paint stir sticks) to the back of the paper plate. Once they are put together, use crayons and markers to personalize your paddles. You can name your paddle, color it, anything that makes it stand out as yours. This is great for little kids.

To Play: Pretend it is ping pong. One person will hit the balloon over the line to the other person. That person has to hit the balloon back over the line without letting the balloon touch the table, or the ground, depending on where you are playing. Keep score. Remember, in ping pong you have to win by 2. And you switch servers after every 5 points scored.



Variations: We like to play without a "net" also. We have everyone play at the same time, and we have to keep the balloon from touching the ground. We also play in teams of two, hitting the balloon back and forth, again, not letting it touch the ground. The team to keep the balloon in the air the longest, wins.

Relay Variation: Set up household objects to create an obstacle course around your house, or in the yard. Each person has to hit their balloon, with their paddle, through the obstacle course. The fastest time wins. Or have two people race through the course against each other at the same time. You could also have two people hitting the balloon back and forth to each other while going around different obstacles.

Balloon Stomp

Number of Participants: Unlimited!

Materials: Balloons, string.

How to Play: Blow up balloons, at least one per child, plus a few extras. Cut string into 16-inch lengths and tie one end of each to a balloon. To play, tie a balloon to one ankle of each child. Then, tell the kids run around trying to “stomp” or break everyone else’s balloon while keeping their own from getting popped. The last guest with a full balloon wins!



Bounce Ball

Before You Start:

Demonstrate what a “one bounce” throw is. It is a throw that hits the ground one time and then strikes another player.

Set Up:

Can be played outside or in a gym. Designate a safe area with enough room for kids to move.

How to Play:

- Students are free to run around the area (gym, outside within boundaries, etc.) as they please.
- When a student picks up a ball they must stop moving and their feet become frozen. Students throw the balls at other players using the “one bounce” throw.
- If a student gets hit by a ball that has been “one bounced” they must sit down where they got hit.
- Students that are sitting are not out of the game, they attempt to get balls as they roll past them.
- If they get a ball, they may throw it, while still sitting down, at a player that is standing.
- If they hit the standing player, the sitter gets to stand up and the player that got hit will sit down.
- Play continues this way for the rest of the game.
- Make sure to emphasize that you may not move if you have a ball and that you should not move while sitting down to get a ball.

Variations:

For younger students, if a player gets hit, they can simply do 5 jumping jacks and then return to the game.



Make a Mancala Game

Mancala is a game that has been around for centuries. Forms of this game were played in ancient Africa and Asia. There are many different names, boards and rules of play for Mancala. . . but most are played on wooden boards with beads, stones or glass game pieces. Children in Africa would play by scooping holes in the dirt to create a game board. This version is one that you can make with a Styrofoam egg carton, two applesauce (or pudding) cups and dried beans. Of course, you can use anything for game pieces, beads, pennies, or anything small and easy to scoop! You will need 48 dried beans to start the game - 4 in each cup. Two people play at a time.

Set Up: Place the board between the two players so that the long sides face the players- and the two applesauce cups (Mancala cups) are on the right and left. You will have six cups of beans facing each player. Place 4 beans in each cup. Each player has a Mancala cup or "store" - which is the applesauce cup on their LEFT. This cup is where they put the beans they collect.

Object of the Game: Each player takes a turn and tries to collect as many beans as possible in their Mancala cup before the other player clears their side of the board.



How to Play:

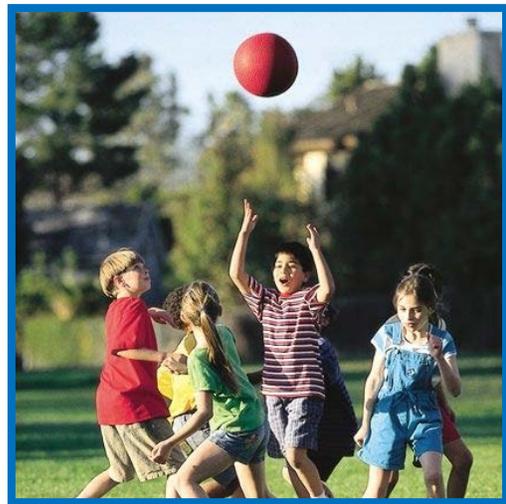
- Each player has a 'store' to the right side of the Mancala board. The game begins with one player picking up all of the pieces in any one of the holes on his side. Moving counter-clockwise, the player deposits one of the stones in each hole until the stones run out.
- If you run into your own store, deposit one piece in it. If you run into your opponent's store, skip it.
- If the last piece you drop is in your own store, you get a free turn.
- If the last piece you drop is in an empty hole on your side, you capture that piece and any pieces in the hole directly opposite.
- Always place all captured pieces in your store.
- The game ends when all six spaces on one side of the Mancala board are empty.
- The player who still has pieces on his side of the board when the game ends captures all of those pieces.
- Count all the pieces in each store. The winner is the player with the most pieces.

Spud

How to Play: Each player in the group is secretly assigned a number by an adult, starting at 1 and counting up to as many kids as are playing. One player is “it” and stands in the center of the yard. The other players gather in a circle around the person who is “it” at an equal distance. The person who is “it” throws the ball straight up into the air and calls out a number between 1 and however many kids are playing. Whichever child’s number is called has to run as quickly as possible to get the ball while all of the other players run away as fast as they can. When the child reaches the ball, he calls out “SPUD!” and all of the running players have to freeze. The player who has the ball is then allowed to take 5 giant steps toward one of the other players and then try to hit him or her with the ball. The person can’t run, but can duck or otherwise try to move out of the way. If the other player is hit by the ball, he gets a letter (gradually spelling out SPUD if he gets hit more than once) and is the “thrower” during the next round. When a player gets all four letters, he is out. The last one standing wins!

How to Change it up:

- Have players wear neon bandanas or glow in the dark bracelets/necklaces for an easier visual target in the dark.
- Allow the player who is “it” to simply call out player’s name to tag him rather than having to physically touch him.
- Require the players to move around rather than staying hidden if the person who is “it” isn’t mobile. Let his or her eyes do the work!
- Make the playing area smaller for easier and play.
- Partner up! Kids can help each other understand the rules and can help each other



the
faster
hide.

Tic Tac Toe Relay

Number of Participants: This game is for 6 players.

How to Play: Make a Tic-Tac-Toe board. You can use a pad of paper for a board, hula hoops, a blanket with the board taped out on it, tape on a gym floor, or draw one with chalk on the sidewalk outside. Put the board at one end of the playing field and have the two teams stand on the other end. One team is X's and the other is O's. Team members have to run to the board, pick up their marker (markers can be cones, t-shirts, bean bags, etc.) and mark an X or an O on the board and run back. The first team with Tic-Tac-Toe wins.

Variations: Limit the number of markers to 3 per team. Once all 3 have been placed on the board players continue to rearrange them until the first team is able to get Tic-Tac-Toe.



Spoons

How to Play: This game is played by sitting in a circle with one less spoon in the middle than there are participants (kind of like musical chairs). Each player starts with 3 cards in their hands. The goal is to get 3 of the same number. The dealer begins to pass a deck of cards around the circle one card at a time, your goal is to find a desired card and then discreetly exchange it for one you want to discard from your hand (you can only have 3 cards in your hand at any time). The card you discard gets passed along in the circle. Once you get 3 cards of the same number, discreetly get a spoon from the middle. When other players notice that a spoon is missing from the middle, they all must attempt to grab a spoon as quickly as possible in order to not be the only one left without one. The player who does not get to grab a spoon gets a letter. After each round the dealer changes to the next person on the left. Once a player has spelled out the word "SPOON" they are out and one of the spoons is removed. This continues until one player remains. The last player left is the winner.



Bean Bag Ladder Toss

Set Up: Label each rung of a step ladder with points.

How to Play: Choose a winning number of points (e.g., 250) and let each child toss one bean bag at a time. The first one to get to the winning number of points wins!

Challenge: Set the rule that you can only win by getting the exact number of points (e.g., if the goal is 250 points and a child has 240 points, they have to get the bean bag through the 10 point slot to win).

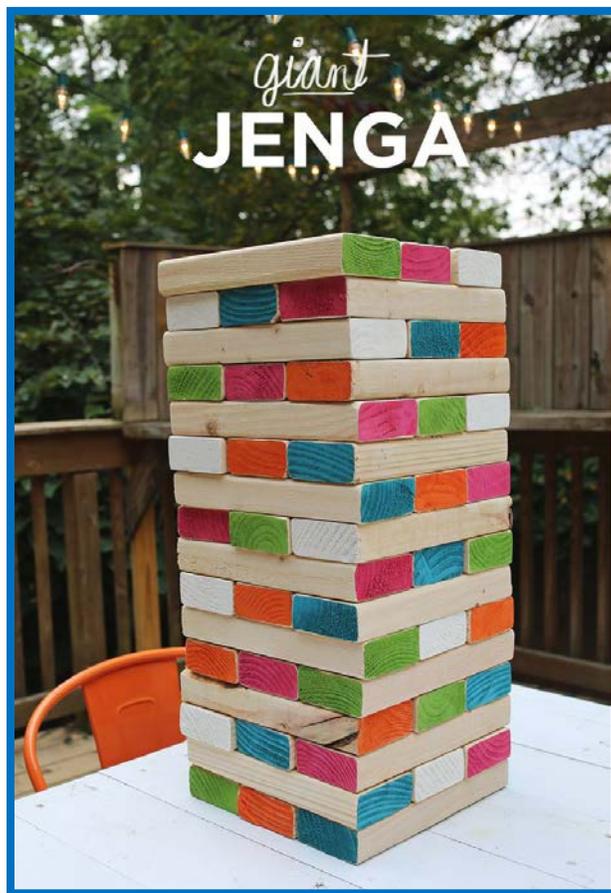


Giant Jenga

Set Up: Obtain enough 2x4 boards to cut into 40-eight 10 1/2 inch pieces. You can cut the boards yourself or have them cut at your local lumber yard. Try to avoid wood that has large knots or holes in it. Next sand all the edges, so everything is smooth and can slide easily across each other.

How to Play: Set up on a flat table indoors or outdoors (lay down a rug or large blanket underneath if indoors to protect the table and/or floors and to quiet the noise when they come crashing down). Play like regular Jenga!

Challenge: Write an activity on some of the wood pieces such as “do 5 jumping jacks” or “dance for 10 seconds,” when someone pulls one of those pieces they have to do the activity before the next person can take their turn.



Giant Kerplunk

How to Play: The object of the game is to pull out a stick without making the balls drop. Everyone takes a turn pulling a stick out one by one. Then if a ball or two drops (or 30) you keep them and at the end of the game count how many balls you made drop. Usually the last few sticks will make all the balls drop so the suspense is who will be the one to pull that last stick. Make your own rules. Maybe play 3 games and the one who has least amount of points (balls dropped) wins!

Supplies:

- 3 tomato cages (you can purchase these at Lowe's or Home Depot)
- Zip Ties
- Clear vinyl fabric (1/4 yard)
- 20 PVC Pipes 36" or 30" in length (10 ft. pole \$1.78 each, Lowes or Home Depot may cut it for you in to the right lengths, or give you a tool to cut it yourself)
- Spray Paint & Primer (optional): Blue, Green, Orange, Yellow and Pink)
- Ball Pit Balls

Set Up: Stack the 3 tomato cages and zip tie them together. Next cut out some vinyl, punch holes in it, and zip tie the vinyl to the top of the cage. The next step is optional; spray painting the PVC pipes, which may take several coats. First thing you do is spray all of them with primer. This will make it so that the paint will stick to the plastic pipes for the most part (it may chip after use though). Once the pipes are evenly sprayed and dry you can spray them with the colors. Finally, stick the tomato cages in the ground and around the poles through the cages so the balls won't fall through. Fill the cage with the balls and enjoy!



Water Cup Races

Materials: You'll just need cups, something to make a hole, string and maybe some tape.

Set Up: Cut or punch a hole into the bottom of the cup (I made mine close to the edge since the cup is resting on the string) Put the cup on the string through the hole and attach the string to posts or tape to a wall outside.

How to Play: Use your water guns or other water squirting toy to get the cup to move to the other end. You can race your friends to the other side or just practice yourself!



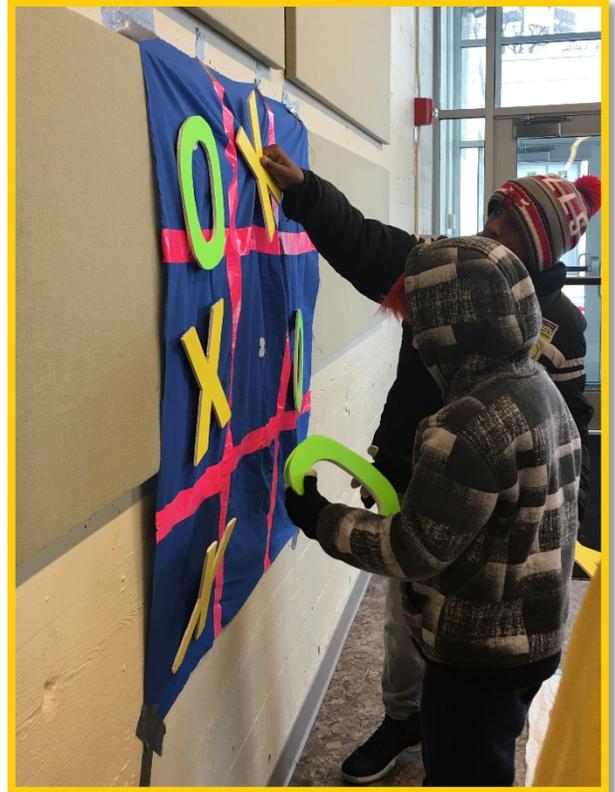
Giant Tic Tac Toe

Supplies:

- Sheet or piece of fabric
- Scissors or X-Acto knife
- Cardboard or heavy Bristol board
- Duct tape (colorful!)
- Pencil
- Velcro sticky back tape

Set Up:

Cut your piece of fabric into a square. Take your colorful duct tape and create your tic tac toe grid. On your cardboard draw out your x's and o's. Use your X-Acto knife to cut them out. You will need 4 x's and 4 o's total. Stick the Velcro on the backs of the x's and o's and on your sheet. To play, hang it on a wall or lay it on the ground.



Make Your Own Obstacle Course

Supplies:

- When Healthi Kids' has made our obstacle courses, we've used repurposed items!
- Repurposed tires
- Spray paint
- Hula hoops
- Balls
- Jump Rope
- Boxes
- Cones

Set Up:

Use your repurposed items, hula hoops and other materials to make a fun obstacle course for families! Use your imagination to create a course that lets kids get moving and have fun. Tell participants to run through the tires, hula hoop 5 times, bounce a ball five times, jump rope 5 times, and then jump through boxes. You can set up matching dueling races, or just one!



Four Square

The only things you need to get started in a game of **Four Squares** are some **chalk**, a patch of concrete somewhere, a bouncy ball like a soccer ball; and **at least four people**. With the chalk, or duct tape **draw/outline a large square** at least six feet wide and divide this big square into four equally sized small squares. Each of the four squares should be **numbered 1 to 4**.

How to Play:

- Each player stands in one of the four squares.
- To start the game, the player in square four serves the ball by bouncing it in their square once and then hitting it towards one of the other squares. The receiving player then hits the ball to any other player in one of the other squares.
- The ball must bounce in another player's square, and they must hit it to another player before it bounces a second time.
- A player may hit the ball before it bounces, if they choose to do so.
- If a player hits the ball so that it misses another player's square, or fails to hit the ball before the second bounce after it has landed in their square, they are "out".
- When a player is out, the other players move up to take their place, and that player moves to the last square, or to the end of the line, if there are more than four players.
- The object of the game is to move up to and hold the server's position



Parachute Games

Supplies:

- Rainbow parachute: available online at Amazon, or Walmart online
- Beanbags, balls

Games to Play:

- **Popcorn:** Place a number of beanbags, small balls, or cottonballs onto the parachute. Shake to make them pop up like "popcorn".
- **Ball Roll:** Have the children try to roll the balls into the hole in the middle of the parachute. (Or have children try to keep the balls from going into the hole in the center.)
- **Making Waves:** Children can make small, medium, or large movements to make various types of "waves." You can incorporate a story about a ship on the sea, weather, etc. &/or use your voice as a tool to emphasize directives.
- **Merry-Go-Round:** Children turn their bodies sideways and hold the chute with one hand. They then walk around in a circle, making a "Merry-Go-Round." For variety, children can hop, skip, jump, etc. You can stop music as a cue to reverse and go the other direction.
- **Poison Snakes:** Place three or four jump ropes onto the chute. Shake the parachute to keep the snakes from "biting" (touching) you.
- **Parachute Tag:** Lift the parachute high into the air. Call out two children's names. They must trade empty spots by running under the chute, before it comes down on them.
- **Mushroom:** Standing, lift the parachute waist height. Count to three - with "one" and "two" being small practice lifts. On three, all lift the chute overhead, and crouch down pulling the parachute edges down as well. This creates what looks like a "mushroom."



- **The Wave:** Children put their hands up, one after another, in order – creating a synchronized "wave" like in the stands at a baseball game.
- **Rollerball:** Try to keep a ball rolling only along the outer edge of the parachute around the circle. As it comes toward you, cooperatively lower your edge. Just past you, raise it
- **Shark Attack:** Everyone sits with legs stretched out underneath the chute, which is held chest-high. One or two children are the "sharks" and crawl around under the parachute and try to grab people's legs to pull them under the chute. The "captured" is now the "shark".
- **See-Saw Pull:** From a sitting position, have children pull the parachute back and forth in a cooperative see-saw motion.
- **Shoe Shuffle:** Count off. All of a selected number take off one shoe and throw it in the middle. On the count of three, raise the chute, and the designated children have to run under and find their shoe before the chute comes down.
- **Bouncing Balls:** Have one or two children under the chute trying to hit the balls as they touch the surface, knocking them off the parachute (from underneath.)
- **Ball in the Bucket:** Break into two or more "teams." Each team will have a different colored ball (or balls.) They will try to keep their color ball from going into the middle circle, while trying to get the other teams' color of ball(s) into the hole.
- **Turtle:** The parachute becomes a giant turtle shell with everyone underneath it on hands and knees. Everyone must cooperate and work together to get the turtle to move about.
- **Parachute Volleyball:** Split into two sides of the parachute. One side tries to knock the ball off of the other side (half of chute), right past the other "team."
- **The Canopy:** Squat down with parachute flat on the ground. On the count of three, stand up and stretch arms above head, creating a canopy
- **Parachute Tag:** Lift the parachute high overhead. Call one child's name and have her run (skip, hop, twirl or crawl) to the other side before the parachute comes down and tags her.
- **Parachute Run:** Have the children take turns running on the parachute as it lies on the ground, while the other children make waves. See how long the children can maneuver on the waves before falling down. The length of turns can be determined by songs that the children choose to sing (i.e. everyone's turn lasts the length of one song).



Potato Sack Relay

Supplies:

Potato sacks or pillow cases

How to Play:

- Mark a starting line and finish line on a large open space
- Each player is given either a potato sack or pillow case to step into and hold up
- Players line up on the starting line
- The leader calls out "On your marks, get set, GO!" and the players hop towards the finish line.
- The first person to cross the finish line wins!



Additional Game Ideas

Healthi Kids Play Day Toolkit:

<http://www.healthikids.org/Portals/0/PortalFiles/Documents/Play%20Day/Full%20Play%20Day%20Toolkit.pdf>

Playworks Playbook Games Library:

Playworks is a national organization that focuses on the power of play. Their games library provides hundreds of games in their database that are fun, easy, and accessible for all age groups. Filter your search by age level, the equipment you have, your group size, and the length of time you want to play. Or just check out their “most popular” section.

www.playworks.org/playbook/games

KaBoom Pinterest Page:

KaBoom is a national organization dedicated to ensuring all kids get a childhood filled with the balanced and active play needed to thrive. Their Pinterest page provides many great ideas for your play day including ideas for spring, summer and winter play ideas; cardboard box play (we promise, your kids will love playing with empty boxes); and DIY play activities.

www.Pinterest.com/kaboomplay

Great Activities: PE Matters:

Great Activities provides a number of free games online for elementary, middle and high school students. Their PEP Club games finder lets you search for games based on grade level and category. Ideas include sports, fitness and field day games.

www.greatactivities.net

Funology

Funology is an online parenting toolbox that offers ideas to inspire and entertain kids offline. Their site shares a number of fun games to play with the kids. Search games by their category: outdoor games, outdoor games, party games, card games, travel games, water games and word games.

<http://www.funology.com/games/>

Play Everywhere!



How to Create Play Everywhere in Your Neighborhood!

Imagine a swing at a bus stop; sidewalks that let you hop scotch your way from school to your R-Center; or a giant playful structure outside of your favorite coffee shop. Play doesn't have to happen just at parks and playgrounds – let's work together to imagine a city that incorporates Play Everywhere!

PlayROCs your Neighborhood is an opportunity to showcase and demonstrate what you want play to look like on your streets and in your community! Create your own playful sidewalks in the park or on the street by using sidewalk or spray chalk!

Supplies:

- Sidewalk chalk
- Spray chalk
- Your imagination!

How to Play:

Set up a sidewalk chalk station and let kids and families use their imagination! Healthi Kids has used sidewalk and spray chalk to

create fun and interactive mazes using "Play ROCs", hopscotch, four square courts, and even created interactive playful designs on the sidewalk.

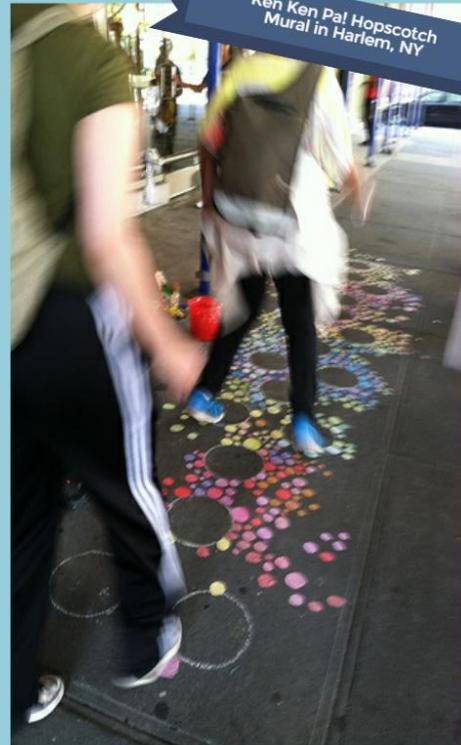
Want to make something more permanent? The City of Rochester now has a FREE program that would allow you to permanently paint playful sidewalks in your neighborhood. See the next page for a how to guide!



Imagine Playful Sidewalks



DeZavala Elementary
School Houston, TX



Ken Ken Pal Hopscotch
Mural in Harlem, NY



"Strawbale maze critterhop"
in York, PA

CREATING OPPORTUNITIES FOR PLAY IN ROCHESTER

Playful sidewalks are emerging throughout the country. Community students, organizations, local artists and schools in Houston, Texas; York, Pennsylvania; and Harlem, New York have transformed public sidewalks into opportunities for play.



#PlayROCs



Play ROCs

Playful Sidewalks

"Happy Par Course" - North Beach, CA



Photo: Corvin Macapinlac

Sidewalk monopoly - Tampa, FL



Photo: Chalk Twins

"Maze" - Montreal, Canada



Photo: Mathieu Connery

Happy feet - York, PA



Photo: Bring on Play York

"Follow your feet" - Lancashire, UK



Photo: IQ Playgrounds

Lucerne, Switzerland



Photo: KaBoom

Basketball trash - Sydney, Australia



Photo: Popup City

Hopscotch - York, PA



Photo: Bring on Play York

Danger Lava - York, PA



Photo: Bring on Play York

Mirror Me - Scotland, UK

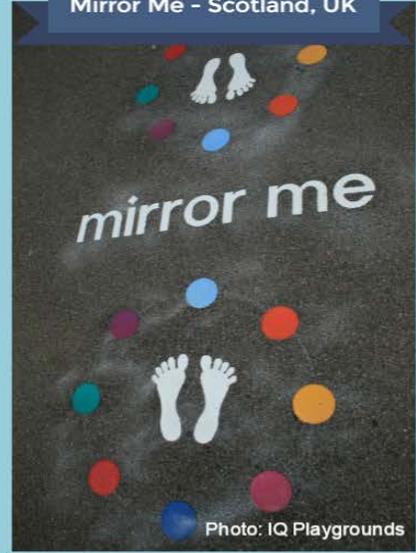


Photo: IQ Playgrounds

Ground Covered Dance Steps - Tampa, FL

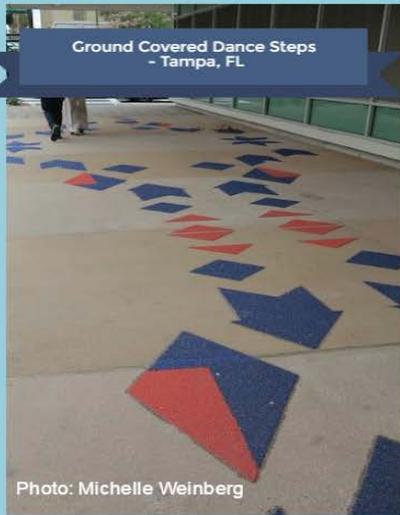


Photo: Michelle Weinberg

School 19 - Rochester, NY



Photo: Healthi Kids

Churchville, New Zealand



Photo: KaBoom

Healthy Cities - Galway Ireland



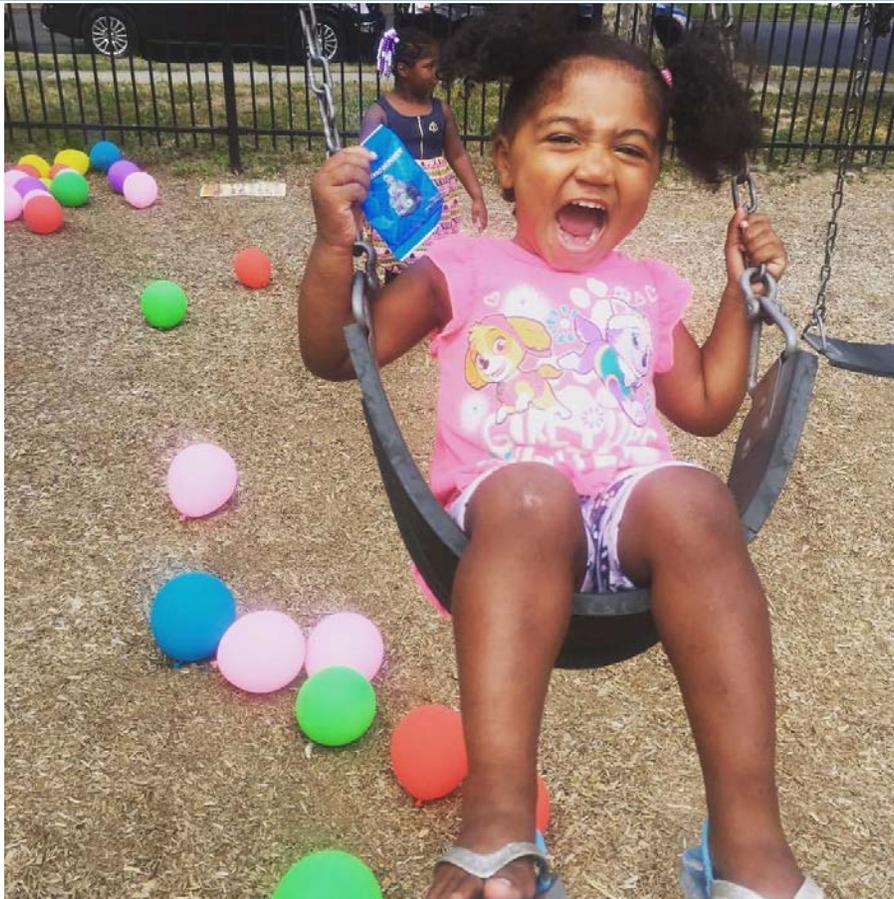
Photo: Galway Healthy Cities Project



www.playrocs.org



Things to Remember!



Safety & First Aid

Things to Remember:

- Be aware of street traffic, provide any necessary cones/markers/signage/etc. and remember to request barricades with your permit if needed.
- In case it rains, think of places you can shelter until it dries up.
- Remember-play is for kids and adults of all ages! Have seating in the shade for those that may need a break throughout the day.
- Make sure parents or caregivers keep an eye on their children.
- Remind people to take reasonable care to stay safe while having fun.
- Lost child plan: choose a place where children should go if they're lost so parents/caregivers and children can find each other.

Supplies to have on hand:

First Aid Station



Sunscreen



Water



Missing Children's Station



Lost & Found



Warm Clothing



Food Do's & Don'ts!

If you are serving food consider food allergies and food safety.

- **Avoid cross-contamination!**

- Raw or undercooked meats can spread harmful bacteria to foods that are ready-to-eat, like salads and bread.
- Change your gloves and wash your hands after touching raw meat.
- When working with raw meat and ready-to-eat foods, do not use the same cutting boards, tongs, and surfaces.

- **Keep cold foods cold, and hot foods hot!**

- Anywhere in between 40°F and 140°F is the “temperature danger zone”.
- Foods left out in the danger zone for more than 2 hours should be thrown out. So keep cold below 40°F and hot above 140°F!



- **Cook foods until they are safe!**

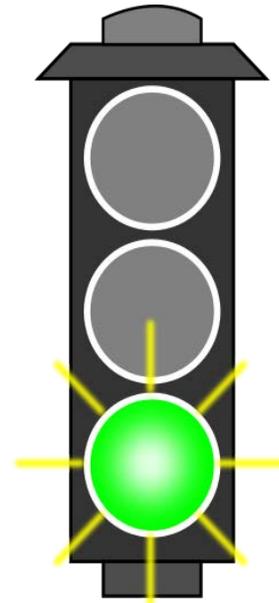
- That means cooking meat until its temperature is high enough to kill harmful bacteria.
- For poultry or combination dishes, cook until a meat thermometer reads 165°F.
- For beef, pork, lamb, or veal, 145°F or above is a safe temperature.

Healthy Snack Guide

Remember you need energy to play all day! Be sure to fuel up with healthy options! "Go!" foods you can eat anytime (and should!), remember portion control for "Slow" foods, and try to avoid "Whoa" foods as much as possible.

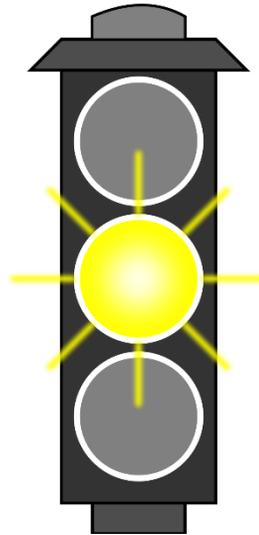
Go!

- Celery Sticks w/ Peanut Butter
- Fresh Cherry Tomatoes
- Veggie Chips w/ Fresh Salsa
- Fresh Cherries
- Mixed Nuts
- Fresh Grapes
- Fresh Fruit Popsicles
- Celery, Carrots, & Pita Bread w/ Hummus
- Apples Slices w/ Peanut Butter
- Veggie Chips w/ Guacamole
- Yogurt w/ Granola
- Olives
- Baked Apple Chips
- Watermelon Slices
- Sweet Potato Fries



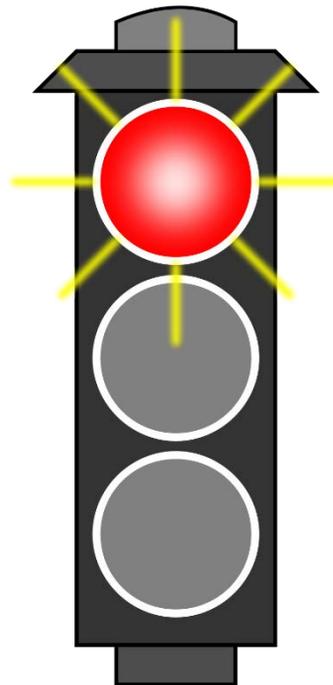
Slow!

- Cheese sticks
- Fruit juice
- Ice cream
- Pretzels
- Muffins
- Pasta
- 100% Fruit Juice



Whoa!

- Fast Food
- Sugary Desserts
 - Donuts
 - Candy
 - Fruit gummies, etc.
- Processed Foods
 - Nacho cheese,
 - Hot dogs
 - Hamburgers
 - Chips
- Sugary Drinks
 - Soda
 - Sweetened water
 - Gatorade
 - Juice



Getting your permit



How to Get Your Permit

The first step to make sure your play day goes off without a hitch is to connect with the City of Rochester and secure your permit.

The City of Rochester has many different areas where you can host your play day. The Special Events office and the Department of Recreation and Youth Services are your go-to resources for your day.

If you're looking to shut down your street for your play day you have to fill out:

- [The Block Party Permit Application \(\\$40\)](#); and
- [The Street Closing Petition](#)

To close your street, you will need to gather signatures of at least 60% of the residents and landowners on the street (for example: if there are 10 houses, you will need at least 6 of their signatures), so make sure you schedule some time to fill out the petition. After it's submitted, you'll also be responsible for notifying all of the residents on the street of the street closure.

Keep in mind that the City will also require you to rent barricades for the day to place at each end of the street. You'll have to place 2 at each end of the street, so will need at least 4 (budget for \$28 – they're \$7 a piece!). The city will be drop off and pick up the barricades during the week from Monday – Friday 8 a.m. through Noon.

If you're looking to host a play day in a park you have to fill out:

- [The Block Party Permit Application \(\\$40\)](#); and
- [Facilities Use Permit \(\\$15\)](#)

To host your event in a park, you'll have to reach out to both the Office of Special Events and the Department of Recreation and Youth Services (DRYS). Connect with the Department of Recreation and Youth Services to see if the park is available to use for play day by calling 585-428-6755 or e-mailing dobbsb@cityofrochester.gov or [visit their offices at 400 Dewey Ave.](#)

Fill out the Facilities Use Permit and submit it with DRYS. Once you know the park is available, submit your block party permit to the Office of Special Events.

For more information on how to get your event permit, or to answer any questions, contact the Office of Special Events:

Call: 585-428-6690

E-mail: kara.osipovitch@cityofrochester.gov

Visit: <http://www.cityofrochester.gov/eventpermit/>

Share Your Story!



Social Media

Spread the word on your neighborhood play day (or any day!) about how and where you play in the city. Share your photos on social media to show us how #PlayROCs in your neighborhood!

Sample Posts!

- #PlayROCs at (enter neighborhood name/place) today!
- Playing (enter game name) at (enter neighborhood name/place) to show our kids how #PlayROCs!
- We're showing how playable our neighborhood could be at #PlayROCs (enter neighborhood name/location)
- Play is important in (enter neighborhood/location) for kids of ALL ages #PlayROCs
- Today we're celebrating all things play at #PlayROCs (enter neighborhood/location)
- We want safe and accessible places to play in (enter neighborhood/location) #PlayROCs
- Come out to #PlayROCs (enter neighborhood/location) from (time) to (time) for a day of fun!

Follow & Tag Us!



/HealthiKids



@HealthiKids



HealthiKids



www.healthikids.org



Sample Invitation to Local Elected Official

*Note: Send this letter of invitation to your City Council representative.

[INSERT NAME OF YOUR CITY COUNCIL REPRESENTATIVE]

[INSERT CITY COUNCIL ADDRESS]

Dear [INSERT NAME]:

[INSERT NEIGHBORHOOD ASSOCIATION OR BLOCK CLUB NAME] will be hosting a PlayROCs play day at [enter the location of your event]. The event, hosted by our neighborhood provides an opportunity for kids and families to get active, have fun, and play! Play days are an opportunity for us – they demonstrate the importance of play, build community, and bring attention for the need for safer, accessible play spaces for our kids.

On behalf of [INSERT NEIGHBORHOOD ASSOCIATION, BLOCK CLUB NAME, OR GROUP'S NAME], I invite you or your representative to join in on the fun.

When: Saturday, July 13, 2019

Where: [INSERT YOUR PLAY DAY LOCATION]

Time: [INSERT YOUR TIME FRAME]

Sincerely,

[CONTACT NAME]

[NEIGHBORHOOD ASSOCIATION/BLOCK CLUB/GROUP NAME]

[CONTACT INFORMATION]

Who are my Local Elected Officials?

At-Large Councilmembers



Willie J. Lightfoot

30 Church Street, Room 301-A
Rochester, NY 14614
(585) 428-7538 (O)
B.S. Empire State College

Willie.Lightfoot@cityofrochester.gov



Mitchell D. Gruber

10 King St.
Rochester, NY 14608
(585) 428-7538 (O)
Chief Program Officer, Foodlink
B.S. Binghamton University
PhD History University of Rochester

Mitch.Gruber@cityofrochester.gov



Malik D. Evans

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(585) 428-7538 (O)
Business & Consumer Prosperity
Program Manager
ESL Federal Credit Union
B.S. University of Rochester
M.S. Nazareth College

Malik.Evans@cityofrochester.gov



Jacklyn Ortiz
27 Grassmere Park
Rochester, NY 14612
(585) 428-7538
Jacklyn.Ortiz@cityofrochester.gov



Loretta C. Scott, President
(585)482-0407 (H)
Mailing Address:
30 Church Street, Room 301-A
Rochester, NY 14614
(585) 428-7538
Loretta.Scott@cityofrochester.gov

District Councilmembers



Molly Clifford, Northwest District
41 Lakeview Park
Rochester, NY 14613
(585) 428-7538 (O)
Molly.Clifford@cityofrochester.gov



Elaine M. Spaul, East District

42 Westminster Road
Rochester, NY 14607
(585) 428-7538 (O); (585) 271- 6665(H)

Elaine.Spaul@cityofrochester.gov



Michael A. Patterson, Northeast District

1547 North Goodman Street
Rochester, NY 14609
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Michael.Patterson@cityofrochester.gov
biography



LaShay D. Harris, South District

323 Aldine Street
Rochester, NY 14619
(585) 428-7538 (O)

lashay.harris@cityofrochester.gov
biography

Tips for sending a letter to the editor

The letters to the editor section is one of the most widely read sections of any newspaper or periodical. This section offers advocates a chance to reach a broad audience and provide readers with information and insights on unfamiliar issues that often inspire readers to take action.

1. Be professional and identify yourself

Letters should be typed or neatly handwritten. Language should be polite, but persuasive. The publication will need to authenticate the letter, so sign your letter and provide contact information, including an address and daytime phone number.

2. Keep it brief and get to the point

Keep it short and to the point. Most published letters are 200 to 250 words. Introduce yourself and quickly describe your roll. Next, state the case you wish to make using powerful details that are important to the readers of the paper. Do not make broad statements that can't be backed up with facts. It's best to focus on what is most important rather than trying to address every part of the problem. Keep your argument simple and the letter short.

3. Relate it to home

Newspaper readers care about how an issue will affect them or their families locally. Including local facts or references in your article increases the chances it will be published and will draw the publications readers' interest.

4. End with a call to action

Ask readers to follow up. For example, urge them to join you in calling on policymakers to address the issue.

Letter to the Editor Template

<Date>

<Name of media outlet or publication>

Attention: <Dr./Ms./Mr. editor's first name and last name* or Editor>

<Address 1 >

<Address 2 >

<City, State/Province, Zip/Postal Code>

Dear <Dr./Ms./Mr. last name of editor or Editor>:

Introduction

<State your reason for writing here.>

Case

<State your case here. Include facts, references or research here to establish credibility. Mention your expertise on the issue. Keep length in mind. Acceptable letter length will vary. Look at the newspaper's or periodical's letters section to get a feel for an appropriate length. Include a call to action, asking readers to follow up with some activity, such as calling on policymakers to address the issue.>

Conclusion

<End with a strong, positive statement in support of your case.>

Sincerely,

<Writer's signature>

<Name of writer>

<Writer's title>

<Writer's organization's name and address>

<Daytime contact information>

**Find the editor's name on the masthead of the publication.*

Letter to the Editor: Talking Points

- Play is important to the social emotional and physical development of our kids.
- Kids that play are healthier, do better at school, have the ability to build strong and positive relationships and have reduced feelings of depression and anxiety.
- Despite all these benefits, not all kids in the City of Rochester have the opportunity for 60 minutes of daily active play. Neighborhood safety, no daily recess at school, and traffic concerns are why.
- It's time to bring play back into our neighborhoods and offer kids the opportunity to just be kids again. That's why on Saturday, July 21st my neighborhood is taking part in Healthi Kids' "#PlayROCs your Neighborhood" event.
- Play can happen anywhere. Let's think about play as a part of our everyday lives again. Our kids deserve that from us.

**For more information about the importance of
play every day visit:**

www.playROCs.org



Healthi Kids is a grassroots community coalition and an initiative of Common Ground Health. Since 2008, we have been advocating for healthier kids in the City of Rochester and across the Finger Lakes region. We believe in the power of youth and resident voice to co-create solutions, influence decision makers and transform systems that support healthy development for all kids.

www.healthikids.org

