

# How to play: a guide by the Children's Council

National Play Day 2023  
– play on a shoestring



North  
Tyneside  
Council



**Playday is the 'National Day for Play', celebrated every year on the first Wednesday in August.**

We believe that all children have a right to play. Play is an important part of childhood, helping children be happy, healthy and resilient.

This year's theme is 'playing on a shoestring – making every day an adventure'. It's all about the adventures children can have at low or no cost, using different resources and a little bit of imagination.



In North Tyneside there are loads of opportunities for play on a shoestring; from visiting the beach, having a picnic in the park or using free games in the library.

**We hope you'll join us on the first Wednesday in August to get out and play!**



This guide has been developed by North Tyneside's Children's Council and is designed to help you get playing on a shoestring – it's full of ideas for games which are either low or no cost.

The children came up with ten 'top tips' for play, keep an eye out for these on each page!



Why not tell us your top tips for play  
and your favourite games, by tagging  
us on Facebook [@NTparticipation](#),  
and using the hashtag  
[#PlayingOnAShoestring](#)  
and [#Playday2023](#).



# Tag

**Top tip  
for play:**

Be kind to  
each other

## How to play:

- One person is 'it' and they count to 10 while the other players run away
- Player 'it' runs after the players and once they catch someone, they tag them - that person then becomes 'it'

## What you need:

- No equipment!
- 3+ players



# Hide and seek

## How to play:

- One person is the 'seeker' while all other players hide!
- The seeker counts to 10 without looking, then has to find the other players

## What you need:

- No equipment!
- 3+ players



**Top tip  
for play:**

Be fair

# Capture the flag

## How to play:

- Split into two even teams
- Divide the area in two, and choose an item to use as your 'flag'
- Hide the item in your area and create a 'jail' – the goal is to find the other team's flag and bring it back into your own area
- If you get 'tagged' then you have to stand in the other team's jail area and stay there
- The winner is the team with the most players left

**Top tip  
for play:**  
Be honest

## What you need:

- Two 'flags' but can be anything- sticks, balls, cups, anything!
- Skipping rope to divide the field
- Hula hoops for 'jail areas'
- 10+ players





# Duck Duck Goose

## How to play:

- Everyone sits in a circle and one person is 'it'
- They walk around the outside of the circle, tapping people's heads and saying whether they are a 'duck' or a 'goose'
- Once someone is chosen as a goose, they get up and chase 'it' round the circle, the goal is to catch them before they sit down in goose's spot
- If 'it' beats goose, goose becomes 'it' for the next round

## What you need:

- No equipment!
- 5+ players



### Top tip for play:

Don't do anything dangerous

# What's the time Mr Wolf?

## How to play:

- One person is chosen to be the wolf, all other players stand a long distance behind them
- Wolf turns their back, and the players shout "What's the time Mr Wolf?" and wolf shouts a time e.g. "3 o'clock"
- The other players step forward the number of times that matches the time, e.g. 3 times - keep going, until the players are standing very close to wolf
- The wolf can shout "dinner time" at any time and turn around to try and catch one of the players
- If the wolf tags a player, that player becomes wolf for the next round

## What you need:

- No equipment!
- 4+ players

### Top tip for play:

Include  
everyone



# Splat

**Top tip  
for play:**

Join in

## How to play:

- Form a circle with all your players, one player stands in the middle, the 'splatter'
- The splatter points at anyone around the circle and shouts 'Splat!'
- The player who has been splatted must duck down immediately, and the players either side of them must point at each other and shout 'Splat!'
- Whichever player is slowest is out and has to sit down - if the player who was splatted didn't get out of the way in time, then they are out instead
- The game continues until there are only two players left
- The two remaining players stand back to back - the splatter shouts random words, and the two players take step forward each time, when the splatter shouts 'Splat!' they must turn around and splat each other - the quickest person is the winner.

## What you need:

- No equipment!
- 6+ players



# Hula hoops

**Top tip  
for play:**

Do your  
best

## How to play:

- Put the hoops on your waist, or your arms, or anywhere that you can spin!
- Try to keep the hoop up for as long as possible
- You can come up with your own games with Hula Hoops - use your imagination

## What you need:

- Hula hoops



# Skipping

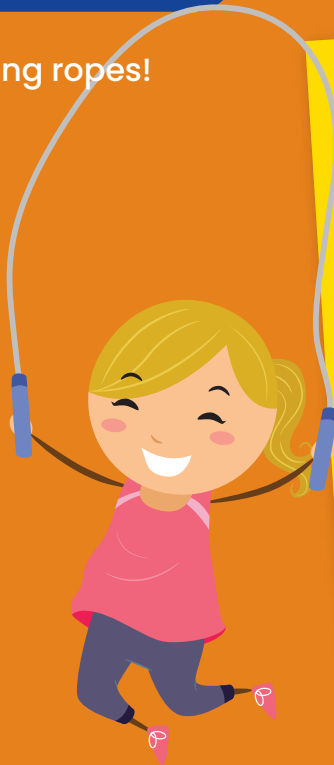
## How to play:

- Hold the skipping rope handles in each hand, swing the rope over your head and JUMP!
- You can go as fast or slow as you like, and be as creative as you want.

## What you need:

- Skipping ropes!

**Top tip  
for play:**  
Keep calm



# Football

**Top tip  
for play:**  
Be respectful

## How to play:

- You can play in teams and try to score against each other, or be creative and practice your football skills such as keepy ups, dribbling and headers

## What you need:

- A football
- Two goal nets or something to use as goal posts e.g. jumpers, cones.
- 4+ players





**Would you like to close your street for a few hours a month, so your children can play out safely and you can meet your neighbours**

**PlayMeetStreet North Tyneside can help you plan and organise this on your street.**

First, you need to discuss the idea with some of your neighbours and then get in touch with us. We'll help you consult with everybody living on your street and apply to the council on your behalf.

We'll give you everything you need (letters and leaflets, Road Closed signs, chalk, bubbles, etc.) for free and help you every step of the way.

On the day, residents will still be able to drive in and out, guided by neighbours volunteering as stewards, but through traffic is redirected. Parents and carers are responsible for their children, as on any other day.

For more information or for support getting started on your street, get in touch.



**PlayMeetStreet North Tyneside**  
[playmeetstreetnt@gmail.com](mailto:playmeetstreetnt@gmail.com)  
<https://playmeetstreet.wordpress.com>  
<https://www.facebook.com/playstreets>

# North Tyneside parks & play areas

Scan the QR code to find a map of all the parks and play areas in North Tyneside



Email: [participation@northtyneside.gov.uk](mailto:participation@northtyneside.gov.uk)

Telephone: 0191 643 8215

 @northtynesideparticipation

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Sign up for the ease INTO programme which offers a range of exciting activities and plenty of opportunities to play for children and young people during the school holidays.