

# The little book of



It's the little things that help

# Contents

- Page 1:** Rhymes  
Skipping & French Elastic.
- Page 2:** Recipes  
Cake to bubbles.
- Page 4:** Ten Top Tips  
To make your playing out sessions run smoothly.
- Page 6:** Chalk-tastic  
Ideas & games to try.
- Page 7:** Themes  
Inspiration for sessions.
- Page 8:** The Word On The Street  
Quotes & the impact of playing out.

We're two playing out activators in Bristol, supporting residents to organise playing out sessions on their streets as well as playing out where we live.

We hope you enjoy our Little Book of Playing Out!

Please share your thoughts & ideas with us on the Facebook page or via [www.playingout.net](http://www.playingout.net).

Thanks for reading! Jo Chesterman & Kate Staniforth.

## Skipping Rhymes

Early in the morning,  
about 8 o'clock,  
What should I hear but  
the postman's knock.  
Up jumps \_\_\_ to open  
the door,  
How many letters  
did s/he find  
on the floor?  
A, B, C, D ...

All in together kids,  
never mind the weather  
kids. When you hear your  
birthday you must jump in.  
January, February, March..

*Jump in on your birthday  
month & jump out when it  
comes round again.*

*This is a great group game.  
See how many people can  
skip together at once!*

Rhymes keep the  
rope turning at a  
steady pace, are  
useful when learning  
to skip & make it fun!

Some rhymes turn  
into competitions.

Try changing / making  
up your own words.

Mickey Mouse built a  
house, how many  
bricks did he use?  
1, 2, 3, 4 ...

*Get faster at '20'*

## French Elastic

England, Ireland,  
Scotland, Wales.  
Inside (in),  
Outside (out),  
On the rails  
(land on the elastic).

## Cake & More

### Easy Chocolate Cake

165g S/R Flour  
35g Cocoa Powder  
170g Baking Margarine  
200g Caster Sugar  
3 Large Eggs  
3 Tbsp Milk

Mix it together (add choc chips if you fancy), bake in a medium size cake tin at 160c for 40—50 mins. Decorate if you have time.

### Delicious Flapjack

125g Unsalted Butter  
100g Golden Syrup  
50g Honey  
75g Brown Sugar  
4 Tbsp Maple Syrup  
300g Oats  
520g Nuts/Seeds/  
Dried Fruit—any combo!

Melt the first 5 ingredients.

Mix in the dry ingredients & stir well.

Recommend baking in a deep silicone tray at 175c for 30 mins.

### Session Snacks

Melon Chunks  
Cut Grapes  
Fruit / Veg Kebabs  
Bread Sticks  
Oat Cakes  
Rice Cakes  
Popcorn  
Cake!

### 5 min meals for hungry playing-outers

Eggy Bread & Beans  
Scrambled Egg on Toast  
Soup / Pizza  
Pesto & Pasta  
Hotdogs in a bun  
Jacket Spuds \*  
\*smugly put in the oven before the session!

## Fizzing Paint

- 1 pot of bicarbonate of soda
  - ½ a mug of cornflour
  - Warm (almost hot) water
    - Food colouring
- White vinegar (in a spray bottle)

Mix dry ingredients together & add water, stirring until not too thick.

Add the food colouring of your choice, split the mixture to make several colours.

Brush onto the pavement/walls or squirt from an old w/up liquid bottle

Spray the vinegar onto the paint – FIZZ!!

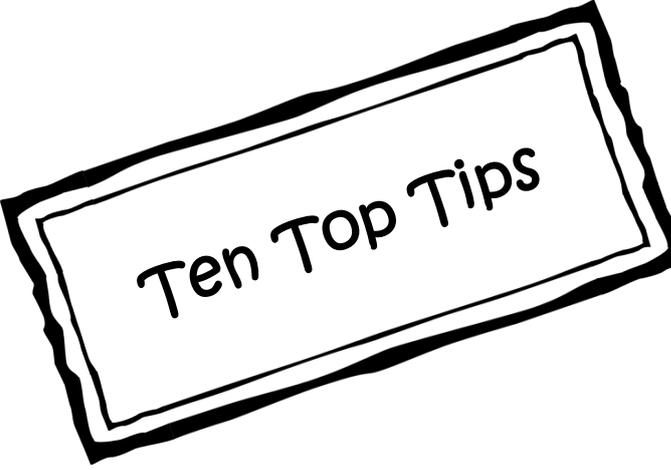
## Giant Bubbles

- 1 Litre Water
- 70 ml Fairy Platinum Washing Up Liquid (\*we've tried others, this is the best!)
- 30 ml Glycerine

Get a big wand and tray or make your own with string & sticks

## Pavement Paint Cheat

Make your own pavement paint by simply grating a large chalk stick into a container & adding water. Mix the colours to make new ones. Kids love painting with chalk and it washes away easily.



## Ten Top Tips

### 1. Be prepared

Avoid stress by taking time before a session to get organised. Grab snacks & drinks & go to the loo! Get out all the toys & wheels your kids might want during a play out.

### 2. Short & sweet

If you shut the road for a short session it's still worthwhile. Monthly sessions are often easier to manage than weekly ones

### 3. Stewarding solutions

Think about asking parents of younger children to act as 'floating stewards' looking out for cars leaving the street. Offer to watch someone's child so a parent can have a go at stewarding. Swap ends regularly.

Buddy up a new steward with an experienced one.

### 4. It's not all about the kids

Invite people without kids to come out too (tempt them with cake & the chance to meet the neighbours).

You could arrange a meet up with the adults:

Hold a quiz / film night or get together for a street social.

Offer to babysit for a neighbour.

### 5. Cheesy grins!

Don't underestimate how important it is to smile – especially to drivers coming in / at the road closure. Get the kids to say thank you.....no one can be grumpy at a waving child!

## 6. Whatever the weather

Kids don't mind if it's raining. Embrace the weather, get those wellies & waterproofs on & make some hot chocolate! Chalk in the rain looks brilliant.

## 7. Thanking You

Thank your stewards – take them cups of tea during the session & chalk 'thank you' outside their house afterwards to give them that warm fuzzy feeling! Also remember to thank people who drive carefully or those who park outside the street and walk in.

## 8. Pavement Play

Grab a chair & cuppa, and do some pavement play with chalk. It's informal, helps you meet your neighbours & normalises playing outside. Try this on a 'non' playing out day or if you don't have enough stewards.

## 9. Share the load

Share your highs and lows with other people on your street or with the Playing Out community on facebook. Try and share out some of the responsibilities – it's much more fun if there is a team of you working together.

## 10. Cake!

Bake a cake for your first session. Fuel your hard working stewards! Celebrate a birthday or playing out anniversary. Residents who don't have kids may come outside for a cup of tea & piece of cake.

# Chalk

Try chalking around people's shadows—make strange shapes.

Use the street to help inspire chalking. Chalk around road markings, the curb or draw cars & bikes or children playing!

**Crazy Hopscotch**  
Draw shapes with commands written in them like 'star jump', 'hop', 'silly face'!  
Jump from shape to shape doing the action.

Make 'start' & 'finish' lines for scooters & bikes. Try using arrows to make routes. Add roundabouts & stop signs.

Draw around people lying on the floor & decorate with silly clothes/hair. Try making them into something else—add wings, a cape or horns!

Chalk a scene on the road and get children to draw in the details. Try a river, playground or a street!

One person is 'it' & run around the streets chalking an arrow every so often. They can go anywhere on the street. The 'chasers' set off X seconds behind. The first person must get back to 'base' before the others catch up.

# Themes

## Water Play

Paint on the road with water & chalk.

Try some apple bobbing.  
Make big bubbles.

## Glow in the Dark

Good for winter sessions.

Investigate the street with torches.

Get some sparklers & glow sticks.

Decorate the street with fairy lights.

## Olympics

Get the kids to come up with some silly games

Include hopscotch, limbo, skipping & jumping!

Some people like to 'theme' their sessions. It's fun to do this and can bring a new lease of life to sessions, as well as mark special occasions.

Ask the children what ideas they have for themes.

Here are just a few ideas!

## Treasure Hunts

Hide some small objects around the street and get the children to hunt for them.

You could link the items with the time of year: Easter eggs, Christmas items, spring items.

For older kids—

Write a treasure hunt with clues / riddles about the street & the neighbours. Perhaps they have to ask a neighbour for an answer. It's a great way to get to know the street & work together.

“Playing out is good for the street, good for making friends & good for the community!”

Bristol Resident

## Word on the street

3,500 street play sessions have taken place on 350 streets across the UK.

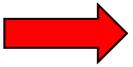
Around 10,000 children have played out in these streets, and 4,500 adults have been involved as stewards, parents or supportive neighbours.

“The scheme has strengthened the sense of community, and has been a stepping stone for other community groups.”

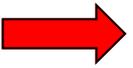
Hackney street organiser

These are four areas where we know playing out has a positive impact. We would love to hear about what has happened on your street as a result of playing out.

### Childrens Health & Well-being

Physical Activity   
Skills  independence  
Fun & freedom

Stronger Communities  
Trust  
Belonging  
Friendship  
All ages & nationalities

Active Citizens  
Voice  
Confidence  change  
Empowerment  
Local democracy

Culture Change  
Attitude shift  
Streets for people  
Children can play out!