

Practitioner's Guide

Bite-sized

TIPS

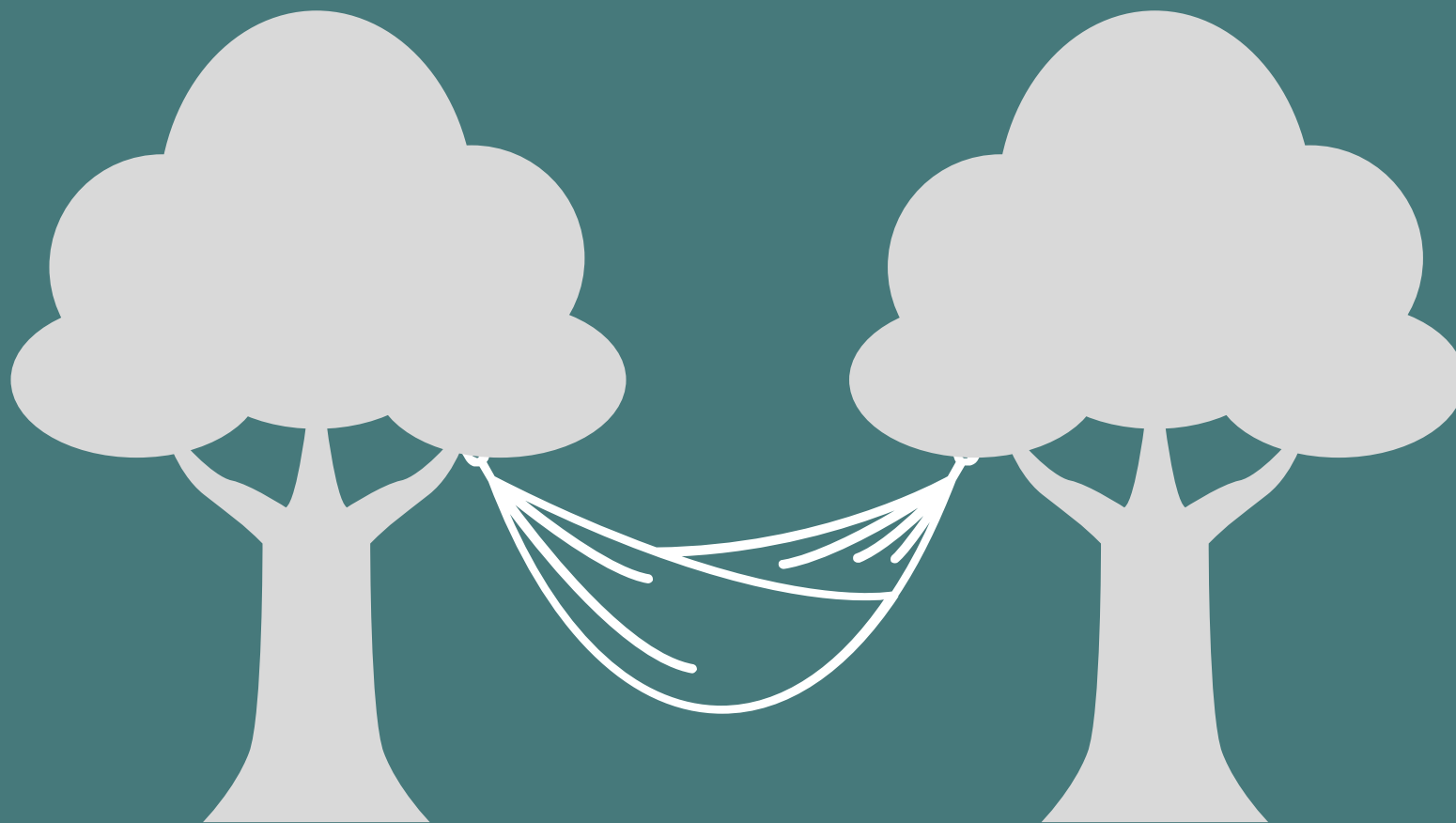


**Adapting spaces for inclusive outdoor
play**

1. Create a space that feels safe to play. Sometimes a visible boundary - even just a rope or markers on trees - works well to contain a space if needed. Or create a central focus as an anchor to an outdoor play session.



2. Create smaller spaces within bigger ones. Dens, tents, shelters, hammocks or cardboard boxes offer manageable and cosier spaces where children can feel away from watchful eyes.



3. Ask and listen to parents, carers, children and young people about where, when and how they like to play. Ask what kind of space makes them feel comfortable. Remember that small changes to us can feel like big ones to children and it may take time and patience to expand what's on offer.



4. Keep spaces flexible, enticing and inviting with a bit scope to make it children's own. Be conscious of the opportunities nature and changing seasons bring.



5. Reach out to the local community for resources and skills to help develop your space.



**Guest Contributors : Under the Trees; Scottish Autism;
Include Me 2 Club; The Yard; East Lothian Play
Association; Can Do Scot**



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