

# Playtime

Uffculme School Newsletter June and July 2018

**Exams are almost over and the summer holidays are nearly here so it must be playtime soon.** You might think that playing is just for kids but it is just as important for teens and adults for both physical and mental health. It is nature's way of helping humans learn how to survive by 'training for the unexpected'. Some play might appear to be a waste of time but it could make you stronger and more able to deal with life's challenges.

## Play

- ✓ helps you to become more optimistic
- ✓ helps you to keep trying at something that is difficult
- ✓ helps you to develop social and physical skills
- ✓ helps you to feel like you belong to part of something
- ✓ can boost your immune system
- ✓ More importantly, play is FUN. What is not to like?

Play is something you do just for the fun of it. It is done for its own sake and is likely to be spontaneous and flexible. Play is something you *WANT* to do, not something you *HAVE* to do. Play is **FUN** and makes you feel good so you want to do more of it.

When you are playing and having fun, you are only focused on what is happening right in front of you, right now. This means you are less likely to be worrying over the past, or fretting about the future.

Summer is a great time to start getting back in touch with your inner child and remind yourself how to play. This can be helpful when you are back at school or going through a tough time. Having something fun to do and that makes you feel good is a great way to help manage more stressful times.

Here are some ideas to get you started: **Articulate board game, body surfing, climbing, dizzy sticks, egg and spoon race, frisbee, golf, hula hooping, I spy, juggling, karaoke, ludo, manhunt, Nintendo Wii, Othello, ping pong, Quirkle, roll down hills, swimming, trampolining, UNO, volley ball, water fight, Xtreme sports, Yahtzee, zip zap boing.**



*Tip: Play is not limited to games or sports. Art, music and other forms of creativity can all be play. What is important is that that you choose to do it and you enjoy it.*

**Uffculme School Student Welfare Services**  
Looking out for our students