

# The PlayUp Guide

## 1. Being Active

### Why is it magic?

It adds great energy to any play session.

Playing whilst also being active will develop a love for physical activity that will last a lifetime!

### What does it feel like?

When your heart is beating a bit faster and you're a bit out of breath!

### What to do to add it to your play?

Add a time limit to speed things up.

Play in a bigger space so there is more ground to cover.

Restrict players to a specific type of movement (eg: hop, skip, jump).

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## 2. Imagination

### Why is it magic?

Creating a place for imagination in play will lead to dreaming up new worlds to play in, characters to be and stories to tell within the game.

Playing with imagination will develop players ability to make play what they want it to be and make it work for them.

### What does it feel like?

When you are pretending the cardboard box in the corner is actually a magical castle.

### What to do to add it to your play?

Give players special powers, or better yet, ask them to think of them.

Hand over control to the players to take the game wherever they want to.

Ask the players to add new 'roles' or characters into the game.

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### **3. Adventure**

#### **Why is it magic?**

Play that involves an element of adventure will mean it will last longer because of the exploration and intrigue.

Adventure in play will lead to being more willing to explore the unknown and investigate new places!

#### **What does it feel like?**

Knowing where you have to go, but don't know how you are gonna get there.

#### **What to do to add it to your play?**

Play in a new setting that players have never been to before.

Hide something to find.

Share clues of a secret location to get to or set a challenge to complete.

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### **4. Fun**

#### **Why is it magic?**

If play is fun, then players are more likely to do it again another time.

Having fun with your play is what it's all about. If it's not fun, it's not play!

#### **What does it feel like?**

When you're enjoying what you're doing so much, you forget about everything else.

### **What to do to add it to your play?**

Provide the freedom to play in whatever way works for the players.

Add in extra buzz by commentating on the game or cheering players on.

Be led by the player, if they have a smile on their face, encourage more of what they are doing. Ask them where they want to go next with it.

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## **5. Creativity**

### **Why is it magic?**

Play that gives plenty of space to think outside the box and create new and different ways of playing, will mean more exciting versions of the same game emerge.

Being creative whilst playing is where the resilience and thinking skills needed to tackle any situation, any space and any problem are made.

### **What does it feel like?**

When you're finding your own way, coming up with brand new ideas and not caring what other people are doing!

### **What to do to add it to your play?**

Change the shape or size of the play area, or the size of the teams to set a different problem to solve.

Keep making the game harder and harder.

Give out points for each new way a player plays the game.

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## **6. Collaboration**

**Why is it magic?**

Collaborative play is where relationships are formed and mean new ways of playing can emerge through everyone combining their ideas together!

Playing together to achieve a goal, go on a mission together or create something new can build trust with others that can last forever.

**What does it feel like?**

When you make a plan together that you couldn't make on your own, and then you go and make that plan happen, as a team.

**What to do to add it to your play?**

Get into groups and make a plan before starting to play.

Set each group the challenge of coming up with a new rule, or a whole new game.

Make the game about building something, or figuring something out as a team.